

**An Introduction to  
Homeopathic  
Medicine  
Philosophy, Diagnosis, Treatment**

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Homeopathic Medical Doctor**

*An Introduction to*

# **HOMEOPATHIC MEDICINE**

**Philosophy, Diagnosis, Treatment**

**-Who am I?**

**-How do I get ill?**

**-What makes me unhappy?**

**Athos Othonos**

**Homeopathic Medical Doctor**

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## **EPILOGUE**

## PREFACE

**-Is this another book about Homeopathic Medicine?**

-Yes, because it answers to “*everything you wanted to know about Homeopathy and didn’t know whom to ask*”.

Yet, not only a medical book because it does not view Homeopathy as a boring Medical Science that deals exclusively with drugs and techniques that are of interest only to doctors and specialists.

**-Is this another book about general health matters?**

-Yes, because it sets questions and gives answers to general health matters that concern everyone nowadays.

Moreover, it’s not just a health book because it raises critical questions about theoretical and philosophical matters that bother every human being.

**-Is this another boring theoretical and philosophical book?**

-I do hope not!

Because it’s a book born out of everyday life; it’s a live conversation between the man and doctor on one side and the readers on the other side. A conversation that sometimes is carried by means of scientific language, other times by philosophical terms and other times just by laughs! In the end it is nothing else but a human conversation because Man is all the above and much more.

**-Is this another layout of individual beliefs aiming to a new Ideology?**

-For God sake, no!

I just hope that it is a simple effort for a contemporary “Socratic” dialogue, a replicate of a new series of “Symposiums” on several human matters, matters that are at the same time ancient and modern. My books are efforts to set an example of a new way of thinking that can be called a *Holistic Way of Thinking*, a *Holistic Approach*.

**-Does this *Holistic Approach* give integrated and definite answers?**

-Certainly not!

Such a thing is absolutely impossible at the level of Earth and at the human level. But as Socrates first taught by his “Obstetric” method, when discussing about moral subjects or about Man and the Creator there is always a great chance of becoming little by little a better man.

*So do participate and enjoy this Socratic dialogue!*

**Note:**

This book introduces the reader to Homeopathic Medicine mainly through four lectures to the general public. To avoid a boring layout of information the author deliberately preserved the structure of the live lecture and the conversation with the audience. Anyone interested to deepen his knowledge on Homeopathy and Holistic Philosophy can read other books of the author on Homeopathy. They were written for doctors but can easily be comprehended by anyone because genuine truth and knowledge are simple as essence and thus can be expressed in a simple way.

# **CHAPTER 1**

## **A BRIEF INTRODUCTION TO HOMEOPATHIC MEDICINE**

- 1.1 What is Homeopathy?**
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## 1.1 What is Homeopathy?

Homeopathic Medicine is a medical Therapeutic System. It is a branch of Medical Science being an established medical specialty in many European and other Universities worldwide.

It is also a Holistic Therapeutic System because it's main principle and practice is to treat the patient *as a whole*. Its principles originate from Hippocrates, "the father of Medicine". But the foundation of Homeopathy as a therapeutic system began about 250 years ago in Germany by Dr Samuel Hahnemann professor of Medicine.

## 1.2 What does Homeopathy cure?

Any patient independently of illness or age can visit the homeopathic doctor.

Homeopathy has very good therapeutic results in illnesses like: allergies, migraines, hormonal diseases, menstrual disorders, gastritis, colitis, anxious or phobic neurosis, depression, skin problems, eczema, psoriasis, recurrent vaginitis, recurrent infections of the urinary tract, recurrent colds, hypertension, bronchitis, asthma, hair falling, obesity, acne, tonsillitis, cholesteremia, thyroid diseases, back pain, dorsal syndrome, arthritis etc.

Homeopathy can also act preventively in healthy persons reducing their predispositions for illnesses, that is, their weak points. It strengthens the organism, raises the vitality, lessens the levels of anxiety and increases productivity of body and mind.

Although results come quickly, especially in acute or functional illnesses, the aim of the homeopathic doctor is not just to relieve the patient temporarily from his symptoms. His main purpose is to cure permanently

and in depth by dealing with the original causes of his disease. Of course any deep acting treatment needs more time to develop. This will enable the patient to have at the end of the treatment a better state of physical health and a more stable psychological balance.

Homeopathic treatment, although highly effective, is definitely not a “panacea”. And this is also true for any therapeutic system. It does not claim to cure anything. It has its limitations depending on the stage of the disease and on the reversibility of the caused effects. But even in long term or chronic and severe diseases, there is always the possibility of substantial relief, depending of course on the case.

### **1.3 Therapeutic Advantages**

1.Homeopathic medicines are natural and therefore absolutely harmless. It can be given without any second thought even to babies, pregnant women or allergic people.

2.Homeopathic treatment, when successfully carried out has permanent results. It is not a mere relief of symptoms but it is a removal of the causes of disease.

### **1.4 Homeopathic Medicines**

Homeopathic medicines are natural. The raw materials used for their preparation are simple minerals and pharmaceutical plants. But they are not just mere herbs or food supplements or vitamins. They are transformed into highly effective drugs after a series of scientific but still, natural preparations of the original raw material.

They are prescribed by medical doctors and can be bought from homeopathic pharmacies, that is, common pharmacies that have a



homeopathic stock. They are produced by European Pharmaceutical Companies, are imported in Greece and are available in pharmacies.

### **1.5 Diagnosis and Treatment**

The homeopathic doctor, just like his allopathic colleague, asks questions to take the case, performs clinical examination, orders blood and other tests where needed so as to diagnose the illnesses of his patient.

From that point on the homeopathic doctor takes the case in a unique way so as to diagnose the idiosyncrasy of his patient, that is, his special type of organism and his special type of psychology.

Homeopathic case taking includes several questions asking details about his physical and psychological characteristics, his habits, his way of life, his views on every day matters etc. This is absolutely necessary so as to prescribe the “Simillimum”, that is, the remedy most similar to the patient’s specific type at that certain phase of his life.

Homeopathy as a term originates from the Greek words “homeo” and “pathos”, that is, “similar pathology”. The remedy administered is similar to the pathology of the patient taken as a psychosomatic whole not only of symptoms but mainly of type, of idiosyncrasy. This, similar to the patient remedy, will activate the patient’s therapeutic mechanisms, both physical and psychological and this will result to cure.

When a patient is already treated with any kind of common medicines or treatments it is not necessary to stop it so as to start receiving homeopathic medicines. He can take both at the same time without any complications of any sort. In fact, it would be wrong, from a medical point of view, to stop suddenly and abruptly any allopathic medicine long given and necessary for the patient. When the homeopathic treatment has

progressed successfully, the patient feels better and does not need the allopathic symptomatic treatment and if examinations become normal, then and only then, the homeopathic doctor reduces the dosage or stops the allopathic drugs.

This could be done, when necessary, in collaboration with the allopathic doctor that treats the patient especially in severe diseases. Most of the times it can also be done by the homeopathic doctor alone, since he is a medical doctor himself. Medical doctors, no matter what therapeutic system they practice, should collaborate with each other for the benefit of the patient. The benefit of the patient is after all or should be after all, the sole aim of doctors and Medicine.

## **1.6 Basic principles of Homeopathy**

-Every person is but a special living creature and has his own specific personality. That's why we call him an individual. Being a living and changing creature, he is affected at any phase of his life by a certain idiosyncrasy. That's why we should individualize either in diagnosis or in treatment by prescribing his individual, similar to the case and phase, homeopathic medicine.

-Every man must always be viewed and treated as a united psychosomatic whole and not merely as isolated organs, systems, symptoms or illnesses. Mind and body interact and must both taken all the time in consideration no matter for what kind of illness the patient comes to the doctor for help. In fact as a rule mind is dominant to the body.

-Hippocrates said: "Benefit! Do not harm!" We should restore nature to order by natural means so as always to benefit and never to harm. These natural therapeutic means give the patient's system the chance to activate his own psychosomatic therapeutic mechanisms and thus heal himself without side effects of any kind.

-Doctors following any kind of therapeutic system should collaborate with each other for the benefit of the patient. The benefit of the patient is the sole aim of Medicine.

### **1.7 Why do we get ill?**

Each person is born with certain physical and psychological predispositions for illnesses. This means that he has certain weaknesses and sensitivity in certain organs or systems. That is his medical “dowry”. For instance he has a very sensitive nervous system, a quite sensitive skin and a less sensitive stomach.

When one is young and if not troubled, these sensitivities, these predispositions are not felt. But as time passes by, the organism is weakened by unhealthy nutrition and unnatural way of life. Our soul and mind is troubled by misfortunes and anxiety due to unnatural living. If we only think for a minute what we eat, what we drink, what we inhale and what psychological stress we face everyday then we will all come to the conclusion that we live under adverse conditions. All these conditions irritate our predispositions and then illnesses come forward.

### **1.8 The important role of idiosyncrasy in Disease**

We have already mentioned Predispositions and External Irritating Factors as causes of Disease. Idiosyncrasy is another important factor causing Disease. Idiosyncrasy is but the special individual physical and psychological characteristics of a person, the ones that make him a special individual, those that make him unique.

However, Idiosyncrasy is not our inner self. Deep down, all people have a good and balanced inner self because of the “drop of divine spirit” each one of us has inside him. But on the outside, every day we function

according to our external self. This external self is unbalanced, full of passions, egoism, wrong thoughts and feelings and wrong behavior. All these unbalanced special physical and psychological characteristics are but the contents of an external self.

There are many kinds of external selves, many kinds of idiosyncrasies, many kinds of personalities, many kinds of human types. These external selves are nothing else but the “clothes” that we choose to wear over our good inner self at a certain phase of our lives according to our will and passions. We don’t wear the same clothes from birth to death. In the same way we are not affected by one idiosyncrasy during our lifetime.

We have already said that idiosyncrasy consists of unbalanced special characteristics. We are stuck with such characteristics and they constrain our freedom to think, feel and act in a balanced and appropriate to the circumstances way. For instance if you are wearing heavy clothing and you go to a hot place you will get uncomfortable the least or even get sick. You have to change, you have to adjust and you have to be free to adjust according to circumstances.

But idiosyncrasy is a restraining factor. It does not adjust. And most of the times we act promptly, automatically according to our idiosyncrasy. Even worse, many times we don’t discriminate between our inner self and our external self and we tend to say that “I am my idiosyncrasy, this is my character, this is my self, that’s what I am! What do you want from me? Why do you want me to change myself? It’s *you* that are wrong and *you* that should change!”

Now let us see how idiosyncrasy, how our external self can cause Disease. John is born with a very sensitive nervous system, a sensitive skin and a less sensitive stomach. These are his Predispositions. He eats junk food, drinks a lot, smokes like a chimney, sleeps a little and has no physical exercise. These are the External Irritating Factors. In addition he

has a certain nervous and anxious idiosyncrasy, he is egoist enough to quarrel with everybody and is never content with his life being a very ambitious person.

Gradually he gets weaker and weaker because of many professional problems. At the top of it, he has that severe love disappointment. This is the end of balance and the beginning of Disease. It is more than certain that the first symptoms he is going to have will be from his sensitive nervous system, secondly from his skin and thirdly from his stomach. He may have anxious neurosis, eczema or gastritis, a combination of them or all together. It is not likely he has hypertension because he hasn't got such a predisposition. If one of the three causing factors of Disease was less strong then he could be still balanced and healthy.

If he wasn't so egoistic he could have accepted the fact that his relation came to an end; he could go on with his life and stay balanced and even happy. But he is affected by that rigid idiosyncrasy and acts automatically so any end in a relation tends to be translated as bad, as disappointment, as loss of self prestige; so in the end he gets ill.

### **1.9 What can one do about his Predispositions?**

The patient himself can't do anything to lessen his given predispositions for disease. He can only try not to irritate them by his unnatural way of living.

Allopathic Medicine does not lessen in any way his predispositions. The reason is that most of the allopathic chemical medicines act by suppressing the symptoms of the illness and not by annihilating the causes of Disease. So when we stop the chemical drugs symptoms come back again and again and many times even worse because the course of Disease was not stopped. That is the reason why allopathic drugs are

many times given for too long periods or for life. Furthermore the patient has many side effects or is addicted to the given drugs.

The worst of all is that when strong chemical medicines are given for long and in high dosages they may suppress the present illness in such a degree that it changes course, goes inside and affects internal organs more important to life and in a more chronic way. For instance, if we suppress eczema for long it may withdraw inside and take the form of asthma or if we suppress skin psoriasis it may take the form of psoriatic arthritis.

The superficial, symptomatic way of acting of allopathic drugs is clearly seen in the case of recurrent illnesses. Antibiotics may drive away the symptoms of a cold or vaginitis or urinary tract infection but they will not cure the predisposition. So the patient will have again and again recurrent episodes of the acute illness. Pain killers will relieve temporarily the acute episode of migraine but they will not cure the chronic predisposition for migraines. Antihistamines and cortisone will suppress immediately but temporarily the acute episode of an allergy but they will not in any way cure the allergic predisposition.

In phobias, neurosis and depression the sedatives and anti-depressive chemical drugs may relieve the patient but he has to take them for long and many times when stopped then the illness comes back. These drugs affect only the chemical function of the brain but they don't in any way cure the psychological disorder of the patient. They can touch the brain but they can't touch in any way the immaterial psyche, the immaterial soul.

The same stands bold for the psychosomatic illnesses. Another example is that of chemical hormonal agents; you may regulate temporarily the levels of certain hormones in the blood but you will not cure the cause that is responsible for the excess or the lack of that hormone in the blood.

Homeopathy can cure the acute illness; Moreover, after an adequate time of systematic treatment, it can also cure the predispositions of a certain patient. The child who has the recurrent colds will be stronger and have the normal frequency of episodes just like any other healthy child. Recurrent infections of vagina or of urinary tract will stop. Neurosis, phobias and depression will, most of the times, be cured permanently. Hormonal disorders come to a balance in a definite way. Homeopathy can lessen predispositions and strengthen the organism and the patient's psychology in such a way that a new higher level of health be achieved.

### **1.10 What can one do about his External Irritating Factors?**

Any patient can help himself by tracking down his predispositions and weaknesses and trying to avoid external irritating factors. For example if I know from my experience that I have a very sensitive stomach then I must try not to eat junk food. Or if I have weak lungs why on Earth should I smoke? There are no “magic pills” sold at any pharmacy. The only magic pill is “know thy self”. That is to track your weaknesses and avoid irritating them.

### **1.11 What can one do about his Idiosyncrasy?**

There is a popular saying in Greece: “At death, soul comes first out of the body and then mannerism (habit)”. That is definitely true! It is so difficult for anyone to get rid of his physical and psychological tendencies so most of the time we carry our idiosyncratic tendencies to the grave! T

That does not mean that we are affected through our entire life with a certain one and only idiosyncrasy. We do change by slipping from one idiosyncrasy to relative ones and rarely to opposite ones, but we are not Dr Jekyll and Mr. Haydn! Most of the times we may be able to control temporarily our idiosyncratic tendencies but they tend (that's why they

are called tendencies) to come out automatically and affect our body, mind, behavior and habits.

The homeopathic medicine does not change a person's certain idiosyncrasy. But it can balance the extremity of one's physical or psychological characteristics. For example an extremely irritable person who is extremely hot and sweating following homeopathic treatment will get less irritable and less hot and sweating. A coward or timid person can become more expressive and less timid. A very sensitive and easily offended person can become less sensitive and not so easily offended.

But you can never transform a wolf to a sheep! The main tendencies tend to remain vaguely the same. But this balance of the extreme characteristics can act preventively by not leading the person to extreme behavior and thus to imbalance and illnesses.

### **1.12 What can Homeopathy do?**

From what has already said we come to the following conclusions about the therapeutic actions of homeopathic treatment:

1. It can cure quickly and definitely the symptoms of an acute illness without suppressing it and thus without any side effects
2. It can cure both and at the same time body and mind as a whole. It cures not only the acute present illness for which the patient comes to the doctor but at the same time all other illnesses that the patient suffers from
3. It can lessen the physical and psychological predispositions for illnesses by treating the causes and not the symptoms thus leading to a higher level of health
4. It improves and restores to normal the general condition of a patient (sleep, menses, physical strength, appetite, defecation, mental capacity, memory, sexual desire, etc)



5. It balances the extreme idiosyncratic characteristics of a person leading to a more normal and balanced behavior thus preventing imbalance and disease
6. It can act as preventive medicine even to a healthy person by lessening his predispositions and by balancing his idiosyncratic tendencies

### **1.13 Fast Food yes, Fast Cure no!**

We live nowadays at societies where everything must be done fast and most of the times in a superficial way. Most of the times, Fast Food is junk food, although there are exceptions. Accordingly most of the much-publicized treatments are but temporary suppression of symptoms or even worse suppression of the illness; this leads to deeper and more chronic problems. Any kind of deep treatment with permanent results needs time and effort from the patient as well as from the doctor. The same stands bold also for homeopathic treatment.

I don't refer to the homeopathic treatment of an acute illness. In acute illnesses improvement or complete cure may happen in hours or in a few days. I refer to the chronic or recurrent illnesses. Usually, when a patient adopts homeopathic treatment improvement of symptoms begins to happen after some days or weeks. Sometimes it may happen after only some hours but this is not the rule. It all depends on the severity and chronic course of the disease and on the condition of the reactive mechanisms of the certain patient. Most of the times, the patient feels a lot better after the first month of treatment.

But this only means that *“we have won a mere battle but not the war”*. Even when after some months all the symptoms of the chronic disease have subsided that does not mean that the problem is over. There is still left untouched a certain amount of predisposition. This is less of course than the original but still capable of producing a relapse when we face again adverse external irritating factors. It is wise for the patient and the

doctor to continue treatment for a while so as to ensure that only a little predisposition is left untouched and the patient is strong enough to carry on without any support. Often things resemble a floating iceberg. The one tenth of the volume of an iceberg is over the sea level (illness) and the nine tenths of its volume are under the sea (predisposition).

An average time of homeopathic treatment so as to have deep and permanent results in common chronic problems is from 4 to 8 months. It may of course need less or more depending on the case. Then the patient can stop the treatment. Does this mean that he became invulnerable? Of course not! He may have a higher level of health and fewer predispositions but if we only for a minute think of the adverse and unnatural way of living we have nowadays it is possible that imbalance may occur again.

It is sure that his relapse will not be so severe like the original illness because he now has fewer predispositions but nevertheless complementary treatment will be faster and easier. Even if the patient after the original treatment is well, a short preventive treatment from time to time is advisable so as to enable the patient to run his life without any problems.

#### **1.14 What Therapeutic System to choose?**

We, human, are but the “children” of “Mother” Nature. Anything natural is positive to our body and mind. Anything unnatural has negative effects. The same thing stands bold either be it food, exercise, activities, relations or therapeutic systems. If it is critical to our health what we eat and how we live, how much more critical is what Therapeutic System to choose and what medicines to take?

How can a chemical remedy, strange and hostile to our body chemistry, support our health if it has side effects no matter how “scientific” it

claims to be? The mere existence of side effects cries to us saying “I am unnatural, I am harmful!” How absurd is to consider anything causing disease to one part of our body that it will promote health to another?

There is only one criterion to help us choose any Therapeutic System: Natural Principles and Philosophy and Natural Means of Application (drugs)!

# **CHAPTER 2**

## **ILLNESSES**

## **AND THEIR**

## **HOMEOPATHIC TREATMENT**

**2.1 Allergies**

**2.2 Skin Illnesses**

**2.3 Depression**

**2.4 Infectious Illnesses**

**2.5 Diabetes, Cholesteremia, Anemia**

**2.6 Bone Illnesses**

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**2.11 High Blood Pressure, Heart Illnesses**

**2.12 Preventive Medicine**

## 2.1 ALLERGIES

**-Eczema, Itch, Allergic Rush**

**-Allergic Rhinitis, Allergic Conjunctivitis**

**-Asthma**

### **Allergic Illnesses**

Nowadays, there is a tremendous increase of the allergic illnesses worldwide. The most common allergic illnesses are asthma, eczema, itch, allergic rush, allergic rhinitis, allergic conjunctivitis, food allergies and pharmaceutical allergies. The usual symptoms are rush, itching, catarrh, sneezing, cough, difficulty in breathing, edema etc. These symptoms can be chronic or seasonal, light or severe and at times the life of the patient may be in danger.

### **Causes of the Allergic Illnesses**

#### **A.Allopathic view**

Today we know much about the pathogenic mechanisms of the allergies, that is the chemistry and physiology that gives birth to allergic symptoms but there is a strong controversy concerning the causes. Some scientists consider inheritance as the most important factor while others think the same about the external irritating factors. The truth, as most of the times, lies in the middle reminding us of the “golden mean” of Ancient Greeks. Allergic Illnesses are a combination of inheritance and external irritating factors.

#### **B.Homeopathic view**

Homeopathy, as a true science, is based on Universal and Medical Laws so as to interpret biological phenomena. One of its main laws is the Law of Individualization: “any person is unique and should be treated so either

in diagnosis or in treatment”. Clinical observation clearly confirms this law. There are patients that develop severe allergic symptoms from their childhood which implies a strong allergic inherited predisposition and others that although live in adverse allergic environment have light allergic symptoms or none at all.

It is also a fact that patients with low allergic predisposition if encounter strong physical or psychological stress will, at the end, develop severe allergic symptoms. Thus, we should talk about three main causes for allergies: Inherited Predisposition, Psychosomatic Balance and External Allergic Factors.

## **Treatment**

Our views on causes will determine the proposed treatment. Avoiding external allergic factors cannot be considered as deep causative treatment while most of the times it's useless. For example how can you avoid dust or pollen, two of the most common allergic factors? On the other hand allergic patients are today sensitive to these external factors and some months or years later to others. So the treatment by vaccination that depends on external allergic factors is a wild goose chase apart from having side effects. Furthermore, it does not cure the inherited allergic predisposition.

What about antihistamines and anti-allergic drugs? They can, of course, relieve allergic symptoms by interfering on the pathogenic mechanism of allergic reaction but they can't cure allergic predisposition. That's the reason why they must be given for life or at least every time symptoms are present. They are not a causative treatment and they also have several side effects.

Even cortisone, that powerful allopathic weapon against allergic reactions, may be life saving on severe acute allergic reactions but it does

not cure the allergic predisposition at all. The main thing it does is to strongly suppress the organism's defense mechanism temporarily. It does not cure and furthermore it has severe side effects especially if used for long.

Homeopathy proposes a truly causative treatment with permanent results and without any kind of side effects. It does not deal with the external allergic factors. There is no need for that, since it can reduce to minimum the inherited allergic predisposition.

At first, it can cure the acute allergic symptoms and when treatment progresses after some months it does diminish the allergic predisposition for life. It can also strengthen the patient as a psychosomatic whole thus preventing external allergic factors from overcoming his defense mechanisms.

Homeopathic medicines do not act locally on the skin (eczema) or in the bronchi (asthma) so as to suppress the symptoms. They act on the general allergic predisposition and thus the results are general and permanent. The three main characteristics of any homeopathic treatment are: natural action without any side effects, causative psychosomatic treatment and permanent results.

## **2.2 SKIN ILLNESSES**

**-Acne, Psoriasis**

**-Eczema, Leucoderma**

**-Warts, Mycosis**

### **Wrong aspects about skin illnesses**

There are many wrong aspects nowadays about our skin. Some consider it as just a covering of our internal body. Some others consider that it has nothing important to do with the function of the rest of the organism and nothing to do with our psychology.

If that is your aspect about skin then it is obvious that you will treat any skin problem as a local illness by applying creams, lotions, ointments, shampoos, solutions, cauterization, laser beams and surgical operations. But such a local treatment usually acts superficially and temporarily. It suppresses the local illness but does not cure the general Disease. Let us examine what skin is after all and how it should be treated accordingly.

### **Skin: a wonderful complicated organic system**

As a covering, the skin protects us from heat and cold, dry and damp weather, water and soil, radiations and mechanical injuries and from several bacteria and microorganisms. It also works as a filter, like kidneys do, so as to excrete from our body several toxins or useless substances through sweating. It also acts as the first line of defense of our immune system against bacteria, fungi and viruses.



I guess you've already heard all these. But did you know that skin and nervous tissue are closely related even from the time of fetus and that they grow hand by hand? Did you also know that certain specific areas of our skin correspond to certain nerves? So there is a direct functional connection of our brain and psychology with our skin.

Homeopathy understands Man as a whole and this is not just a theoretical or philosophical view without any clinical importance. Homeopathy is based on Universal and Medical Laws. One of these laws is the Law of the Whole: "Man is a psychosomatic whole". The soul affects the body and vice versa. Furthermore, all organic systems of our body are closely connected and the one affects the other. Another very important law is the Law of Hierarchy. It tells us that there is a certain hierarchy concerning soul and body and furthermore the several organic systems of our body.

The hierarchical chain is: Psyche, Nervous System, Hormonal System, Heart and Lungs, Immune System, Urine Tract and Genitals, Peptic System, Muscles and Bones and last but not least, Skin. As we go down this chain we move to less complicated tissues and less important to life. As we go up we move to more complicated tissues and more important to life. A small wound on the brain maybe fatal while a small wound on the skin can be ignored.

There is another important law in Homeopathy, the Law of the Course of Disease and Health: "Disease tends to progress from external systems to internal and more important ones while Health in the opposite direction". What does this mean in simple words? It means that whenever a person's health declines, local symptoms and illnesses tend to appear first in less important and more external tissues, for example, first of all to the skin.

If things get worse, then Disease travels to more internal and more important organs like stomach, heart, brain or even deeper, that is to the psychological level. Our organism has a complicated and wise plan of

defense. If our organism is compared to a country, then the first line of defense would be the borders (skin) and the last line of defense would be the capital town (psyche).

### **Holistic homeopathic treatment versus suppression of skin problems**

If our organism is attacked by several physical or psychological stress factors he tends to keep the “enemy” as externally as possible. So if someone develops eczema from a great financial loss, then he is in a better state than someone who develops gastritis or heart attack from the same stress. Thus, it is wrong and a dangerous thing to suppress by cortisone ointments that eczema which works as a safety valve. It is very probable that if successfully suppressed will lead to more serious and more internal illnesses like for example allergic rhinitis or asthma.

It is often the case for homeopathic doctors to examine patients that have asthma which developed from suppression of eczema by allopathic treatment. Many times when we give homeopathic medicines then at first asthma improves while temporarily the old eczema comes back, only to be cured completely as treatment progresses. At the end of homeopathic treatment the patient is healthy as a whole, having no asthma, no eczema and above all, minimum allergic predisposition. This example confirms the above mentioned homeopathic Law of the Course of Health and Disease.

Apart from eczema many other skin problems such as psoriasis, acne, leucoderma, warts etc behave as safety valves helping the organism to keep Disease as externally as possible. If we shut down these safety valves the internal stress pressure will rise and become dangerous for the person leading to more internal and more severe illnesses. Homeopathy does the opposite from that. It treats the patient in a natural, wise and holistic way according to wise medical laws. The result is to cure not only local illness in a safe and definite way but to cure the patient as a psychosomatic whole.

## 2.3 DEPRESSION

### **“When life loses the desire for life!”**

The definition of depression could be: “when life loses the desire for life!” A woman after a severe psychological shock or after a long period of stress and disappointment becomes pessimistic. Nothing seems to satisfy her and nothing seems to have any meaning. There is no joy in life, no meaning; everything seems grey or dark. There is no future, no hope and no solution. All she remembers are gloomy facts from the past. All she sees in front of her are bitter memories, present problems and dark future.

Sometimes, all these arise from personal or financial problems. Other times there isn't any clear reason. Things may go well in her life, that is, her work is prosperous, her husband loves her and their children are obedient and healthy. When things get worse then she starts losing any interest for work, expresses no affection to relatives and friends, wants to stay home at bed, is never hungry and all seem to be in vain. She is weary of life and even has suicidal thoughts. At times she even commits suicide.

### **Chemical inhibition of the brain's function**

If this depressive person goes to the allopathic doctor he will be treated by anti-depressive drugs. In lighter cases he may be given sedatives. But where do these chemical drugs act? They act locally on the brain chemically affecting nerves and neural junctions in an inhibitive way. This suppression of the function of the brain may at times relieve the patient but it also suppresses the general mental functions causing severe side effects. The person feels sleepy all the time, his mental capacity is decreased, his reflexes are slowed down so he isn't trusty to drive a car and he is not productive at his job.

Since this treatment is but a suppression of the local illness, often whenever he stops the treatment depression comes back again and again. Why does this happen? Homeopathic Medicine renders this superficial action and all side effects to the materialistic aspect of Allopathic Therapeutic System concerning human being.

### **Homeopathic medicines act on a higher energy level**

Man is not only matter and material body. His psychology has to do not only with the brain. Man is not just a computer or a machine. He definitely has his material part, the body and the brain, but there is also the immaterial part, the soul or psyche, as most religions and philosophies support. All psychological functions like thoughts, reason, memory, emotions, imagination and many others are immaterial functions. You cannot touch an idea, you can't taste an emotion and you can't shake hands with an imagination!

The brain serves as an intermediate between the material body and the external Material World on one side and the individual soul and the Psychic World on the other side. The brain is but the computer with which the wise operator comes in contact with the external world through camera and detectors. Do not confuse the machine with the operator. Do not confuse the brain with the soul.

So if you are an allopathic doctor and you view a patient only as a material organism then you will give chemical drugs to affect the brain's material functions thus suppressing the psychological functions of the soul. This is an inhibiting action on a lower material level. If you are a homeopathic doctor viewing the patient as a psychosomatic whole then you will give energy medicines that will act on a higher energy level thus enhancing and not inhibiting psychological functions.

Any therapeutic action that balances a higher energy level (homeopathic drugs or acupuncture) will eventually balance lower levels (body) as well. If you want to treat a fracture it is correct to act on a mechanical level by

immobilizing the hand or the feet affected. It is also wise to give anti-inflammatory drugs or pain killers. But it is also a very useful thing to give homeopathic medicines that act on a higher energy level thus treating also the psychological stress caused by the injury and also enhancing the natural anti-inflammatory and reconstructing mechanisms of the body. Action on a higher level (energy level) is broader, deeper and without any side effects since it does not act on parts (brain chemistry) but on the whole from up to down.

### **Homeopathic treatment of psychological illnesses**

Most of the patients suffering from depression or psychological problems start improving during the first days or first weeks of homeopathic treatment. They begin to face things differently, that is, they become more optimistic and less negative. Gradually they get over the situations that caused their depression. They still remember what happened but it does not affect them in the same negative way.

They tend to philosophize over life's negative situations and they tend to keep on with their lives finding new things, more positive to deal with. Life returns to normal. They do more and think less. They stop whining and complaining so much. They reason more, cry less, laugh more, enjoy even more. They go back to their work and back to normal family life.

Nature has worked again wonders in a natural way through medical actions that are in harmony with the laws of Nature. Is Homeopathy a panacea? Certainly not! Like every other therapeutic system it has its limitations. Is Homeopathy striving to exclude all other therapeutic systems or Allopathy as useless or harmful? Certainly not! It helps doctors become more effective and more natural in their actions. It promises and gives relief and joy to patients. That is the experience of many homeopathic doctors and many more homeopathic patients over the last 250 years.

## **2.4 INFECTIOUS ILLNESSES**

- Common Cold, Influenza**
- Tonsillitis, Rhinitis, Ear infections**
- Bronchitis, Sinusitis**
- Urine tract infections**
- Vaginitis**

### **Common aspect about bacteria**

The discovery of bacteria was a turning point for Science and Medicine. A whole new world was revealed. Many illnesses were thought to be caused by certain germs or viruses or fungi. So it was essential to develop methods for the diagnosis of infections and for their treatment by means of anti-bacterial drugs such as antibiotics, vaccines or serums.

The whole theory and practice seemed to be working well so there was a great enthusiasm and some doctors even supposed that all illnesses were caused by bacteria. Thus the discovery of new antibiotics and vaccines would save Man from the burden of disease.

### **A therapeutic dead end**

Today, after many decades of years, we have come to certain conclusions. Only some illnesses can be connected to the action of bacteria. Antibiotics and vaccines are not always effective in infections. Antivirus drugs present very poor results. We haven't been able to develop an effective treatment even for the most common infection, the common cold. As we develop new antibiotics bacteria are also developing new defense mechanisms becoming stronger and more complex.

This means that we have to treat infections with higher dosages and stronger medicines. As a result antibiotics become more expensive, less effective and with severe side effects. This race against bacteria seems to have come to a dead end.

### **Homeopathic aspect about bacteria and their relation to infections**

It is time to reconsider our aspect about bacteria and their relation to infectious illnesses if we want to be called true scientists and most of all if we want to be effective in treatment. Science of Biology tells us that bacteria are essential for the decay of dead plants and dead animals. Complex chemical substances and molecules are transformed into more simple substances and molecules. These new materials can again be absorbed by plants as useful materials. The animals eat the new plants and the cycle of life is maintained. We never talk in Biology about useful and harmful bacteria. They are all useful and essential for life in general and contribute to the balance of several systems in Nature.

We also know from Biology that many kinds of bacteria, viruses and fungi co-exist inside and on living plants and animals and are part of their normal functions supporting life or decaying tissues thus helping the process of repairing tissues and organs. Man is not an exception as concerns the above. In fact bacteria are so essential to our functions that if we kill all the bacteria living inside or on us, death will come in a few days! We know for instance that bacteria of our intestines play an important role to the assimilation of food and to the decay of unwanted materials. They also produce useful vitamins used by our body.

Many other bacteria exist inside us in many cavities (mouth, nose, stomach, vagina and urethra) or on the skin and are considered as normal inhabitants or many times useful. About 5 to 10 percent of our DNA or RNA consists of viruses normally existing there and playing their role to life. This seems shocking to many of us but don't forget that a virus is after all an amount of genetic material!

Not only we co-exist with useful bacteria inside and on us but we also come all the time in contact with other bacteria around us. We inhale it with the air we breathe, eat it as part of our food and carry it on our skin and mucous. If bacteria are causes of illnesses why don't we all get sick? Even if we discriminate between useful and harmful bacteria as concerns man, why don't we all get sick whenever we come in contact with "harmful" bacteria?

We all know that if one catches a cold then not all his family becomes ill with it. The same stands bold for all infectious illnesses. Only a few people infected are at the end diseased. Even in the severest form of epidemics not all infected are diseased. And, furthermore, some develop light symptoms, some medium or severe and some even die.

If there are so vast differences among patients then it is more than probable that there are also other more important factors apart from the presence of bacteria concerning the etiology of the so called infectious illnesses. Homeopathy, applying the Laws of Hierarchy and Individualization, supports that the main cause of any infectious illness is predisposition. Second comes the weak vital energy and third the intoxication of the blood and tissues from wrong nutrition, stress and other factors.

Predisposition defines if and where an infectious illness will appear. Weak vital energy will determine if and when the disease will begin and how severe it will be. Intoxication of the organism and tissues will determine in less degree if, when and where the disease will appear and how long and severe it will be.

Bacteria certainly play a role in infectious illnesses. But their role is not the cause of disease but one of the results of it. They are but scavengers,



garbage eaters, tissue transformers, decay workers. Wherever there is decay, rotten tissues, damaged organs, injury, intoxication or inflammation they tend to appear and grow in large populations because there is food for them and fertile ground for their growth.

If predisposition is not severe, if vital energy is not very low and if organism is not severely intoxicated they are useful for the decay of rotten or damaged tissues and their replacement by new healthy ones or at least by connective tissue (scars). Healing procedure comes to an end and health is restored while the bacteria vanish or are diminished and no longer can cause symptoms or harm.

When all causing factors exist in a severe degree then bacteria are dangerously increased, their toxins spread all over the weakened organism and death prevails over life. They continue their useful role in the cycle of life and death, by decaying the dead body and turning the complex chemical substances and molecules of the body to simple ones which will serve as food for the worms and plants.

So whenever we prescribe antibiotics so as to kill bacteria we don't remove the real causes of disease. That's the reason why in a predisposed person infections come again and again. By antibiotics you just suppress an acute episode of cold or vaginitis or bronchitis, or urine infection but you don't cure the chronic disease, the recurrent illnesses.

Moreover you cause a lot of side effects to the patient and sometimes you "push", you suppress the disease to more internal and more important to life organs and tissues. Furthermore if you apply antibiotics often enough then the immune system of the patient, that is his "defensive army", becomes lazy and untrained and that's a risky thing to do.

### **The causative therapeutic action of the homeopathic treatment**

Homeopathic treatment deals with the real causes of disease. That is, it lessens predisposition, strengthens vital energy and detoxifies organism. It puts in action again the psychological and physical defense mechanisms of the patient so as to get over the acute illness by controlling the unrestrained growth of bacteria and enhancing the natural healing procedure. There are no side effects from the action of homeopathic medicine.

The most important thing is that after the acute illness passes away, organism is stronger in vitality, with lessened predisposition for illness and detoxified. So the probability of a relapse is lowered in a significant degree. Furthermore, his defense mechanisms are fully trained, active and much more efficient than before the illness. Whenever the mode of therapeutic action is natural and according to Laws of Nature, results are the best possible but whenever we act unnatural the price to pay is severe. Homeopathy acts according to Universal Laws and that is the reason why it has no side effects at all apart from the precious therapeutic results.

## **2.5 DIABETES, CHOLESTEREMIA, ANEMIA**

**-Diabetes**

**-Cholesteremia, High uric acid**

**-Anemia**

**“You suffer from ...cholesterol!”**

It is a common thing nowadays to see patients anxiously running to medical laboratories to have their blood and urine checked. Then they urgently visit the doctor asking for answers: “Doctor, is my test normal? Am I sick? How severe is my case? What medicines should I take?” Blood tests are often called “health indicators” and people and often doctors, consider such tests as a measurement of the state of health/disease of a person. Is this correct? How reliable are they? Can you measure a person’s state of health from one or some or many biochemical tests?

Many times the first thing that a patient does entering a doctor’s office is to hand him the latest tests he did? And often the first and last thing that the doctor does nowadays is to diagnose and prescribe according to the tests. He gives no special credit to the patient’s history and present symptoms, he rarely does a clinical examination and he asks very little or nothing about his way of life, his present physical or psychological stresses and his character. The only thing that counts more are his “magical numbers”, that is, his blood sugar, cholesterol, uric acid, haemoglobin, haematocrit, urea, iron etc.

The worst of all is to name a person as a patient, as sick, only because he has a blood test out of normal ranges, either high or low. It is also a great mistake to set diagnosis of an illness just from one test, without any

follow up to confirm the case; without taking in consideration past history, present symptoms, clinical examination and predispositions of the person. But the most irresponsible thing to do is to give chemical drugs or start a long course treatment with drugs that have many side effects “so as to cure the cholesterol” or “so as to prevent the cholesterol from going high”!

### **“Fish sting from the head downwards!”**

Voltaire used to say: “Doctors prescribe medicines for which they know few things, for illnesses they know less about, for persons that they know nothing at all!” If you are an allopathic doctor you have learned to view a man only as a material organism. You only care about his blood tests, his x-rays, his symptoms, his biopsies and his clinical findings. You don’t take in consideration his vital energy, his psychological state, his character, his way of life, his family and job problems. You don’t see him as a whole and you don’t treat him as a whole.

Biochemical state of a man is hierarchically his last and less important state. Man is not only biochemistry. If we follow the homeopathic Law of Hierarchy first in a man is considered psychic level, then energy level and then his body. Furthermore, in physical level first is situated nervous system then hormonal system, heart and lungs, viscera, muscles and bones and last skin.

Ordinary people wisely say: “Fish sting from the head downwards!” And so does disease in a man! Disease originates first from imbalance of psychic level, then from disorder of the energy level and then from body. Furthermore, as concerns body, disorder shows itself first of all in symptoms, then in biochemical changes and then in tissue and organ findings. So it is wrong to determine a person’s state of health and moreover his treatment solely on his biochemical tests.

Let me give you a common example. A person faces financial problems or a love disappointment. He is stressed and this amounts to high cholesterol or high blood sugar or high blood pressure, high scores that he never had in the past. He goes to the doctor and the doctor tells him: “You are sick! You have three illnesses. You have cholesteremia, diabetes and hypertension! You have to take anti-diabetic drugs, anti-cholesterol drugs and anti-hypertension drugs and follow a strict diet. The patient is startled, frightened and more stressed than ever. He takes the medication, follows a strict diet and after a month he goes back to the doctor with his new tests.

“Oh”, says the doctor, “your blood tests are even worse than before! What on Earth did you do! Didn’t you follow my consultations? Do you want to die young?” The patient tries in vain to convince the doctor that he did strictly as he was told. The doctor prescribes heavier drugs in higher dosages and a more strict diet. But test results deteriorate again because the main cause of the disorder is the original stress of the patient which is even worse from the strict diet and the fear of the “severe three illnesses with the complicated scientific names” that as his doctor said threaten his life!

### **Holistic Diagnosis and Holistic Homeopathic Treatment**

Such cases do happen and in fact often enough, just because the allopathic doctor views his patient not as a psychosomatic whole. If you act only on biochemical level by giving chemical drugs you may have superficial therapeutic results. But these results last as long as you are on medication, along of course with their many side effects. If you don’t deal with real causes of any illness then you will not have a deep and permanent therapeutic result.

This does not mean that chemical drugs for diabetes or cholesterol or hypertension are all useless. They can be even life saving at times in acute cases but they are not therapeutic drugs since they don’t remove original causes of the biochemical disorder. They can and must, most of

the times, be used in urgent cases or in cases that other natural treatments fail to give results especially in elderly or weakened persons. But they shouldn't be considered as first choice, deep and chronic treatment.

Homeopathic treatment treats the person as a psychosomatic whole mobilizing not only physical defense mechanisms but psychological as well. It also lessens predisposition for diabetes or cholesteremia or hypertension. It can and does act promptly also on biochemical and physiological level restoring disorders. Even then this does not mean that doctor shouldn't advise the patient to lead a healthier way of life.

Physical exercise, healthy diet, rest and sleep and pleasant hobbies do help the patient to get better as a whole and this reflects directly also to his blood tests. The motto of Homeopathy is at the same time scientific and simple: "Treat the patient, not the disease!" And if we want to be more specific: "Treat the patient as a whole and not his biochemistry!"

## **2.6 BONE ILLNESSES**

**-Back pain, Sciatica**

**-Dorsal Syndrome**

**-Arthritis, Rheumatoid Arthritis**

**-Osteoporosis**

**-Periarthritis, Tendonitis, Myalgia**

It is often the case that even those that have been benefited by Homeopathy in several illnesses, find it difficult to understand how it can also help in bone problems. They tend to believe that we deal exclusively with structural and mechanical problems, with injuries and degenerative diseases that often demand surgical treatment. They find it hard to believe that we have to do with functional disorders that can be treated with drugs. They have this opinion because of the massive use in such problems of surgery, bandages, plaster casts and physiotherapy.

### **Man is not a machine but a wise, flexible and complex living being**

First of all we have to get rid of our mechanical and materialistic point of view about Man and his skeleton. Bones are not dead or rigid pillars from which the skeleton is made of. They are living tissues and organs joint together by flexible joints. These joints are maintained and are kept functional not only because of bones but mainly due to muscles, nerves, blood vessels, connective tissue, tendons, cartilages, synovia and ligaments.

Bones and joints, being living tissue, in order to be maintained functional are affected by complex biochemical, neural, hormonal, circulatory and defense mechanisms. They are in contact with the rest of the body by

nerves and blood vessels. They grow up to a certain age and even after their complete formation they do change shape gradually from several reasons and from age degeneration. They are injured from several causes and are self-repaired. They have their own complete metabolism so as to be fed and so as to get rid of non useful or harmful substances. They can be injured, inflamed and cured.

If we take in consideration all the above we will come to the conclusion that bones and joints are like any other tissue and organ, that they are connected to the whole of the body and even connected to our psychic level. For example bad nutrition or lack of exercise can definitely affect our bones and joints. An anxious person may have backache or dorsal pain or arthritis of the jaw joint due to muscle tension.

### **Homeopathy can and does help in bone and joint problems**

Since bones and joints are like any other tissues and organs of the body there is no reason not to have therapeutic results by a homeopathic treatment that mobilizes and balances organism as a whole. In fact, clinical experience shows that there are very good therapeutic results in backache, dorsal syndrome, sciatica, arthritis of any kind, rheumatoid arthritis, peri-arthritis, tendonitis, osteoporosis and curvature of the spine.

In fractures and dislocations it is of course necessary to act either by surgery, reposition, plaster casts or bandages. Furthermore, by applying homeopathic treatment we can enhance the healing procedure, the repairing of the bones and joints, reduce the pain, reduce swelling and inflammation and minimize complications.

In acute arthritis like for example backache, chemical drugs given tend to suppress the organism's natural healing procedures like inflammation, hyperemia, swelling and pain. Pain, as strange as it may seem, is useful in such conditions because it forces us to stay still so as to help repairing of



the tissues. Suppression by chemical drugs may give immediate relief but is often responsible for incomplete healing and repairing and bones or joints are never the same. An amount of “sensitivity” is present for many years or for the rest of our lives or a malfunction of the joint, a lack of flexibility, a restrain in motion.

Homeopathic medicines instead, act in a natural way, don't suppress but enhance natural healing mechanisms of the organism so the healing procedure is fast, complete and without any complications. But the most important thing in homeopathic treatment is not just to deal with acute arthritis. Homeopathy can also act on predispositions. It cannot only cure acute backache but it can also cure or lessen inherited predisposition of the patient for relapsing backache or relapsing arthritis of any joint.

Today, osteoporosis is thought by many people to be a problem coming from the lack of calcium in our nutrition. But this is wrong! Nowadays, the majority of elderly women, drink a lot of milk and eat milk products, merely for fear of osteoporosis. But this did not change anything apart from side effects from such exaggerations in nutrition. Metabolism of bones and joints is so complex and must be seen as a whole and in relation to the general organism and to the patient's mode of life. Allopathic medicine tries to cure osteoporosis by local treatment and isolated chemical actions so results are not always successful and often side effects are present.

Homeopathic treatment does not aim to cure locally osteoporosis but it treats the patient as a psychosomatic whole. If you bring to order and balance the whole then it is unavoidable that parts will follow. Holistic treatment is deeper, more permanent and faster than any local treatment and it also has the advantage of lack of side effects.

## **2.7 HORMONAL DISORDERS**

- Menstrual disorders**
- Fertility problems**
- Fibromyoma, Ovarian Cysts**
- Menopause disorders**
- Hyperthyroidism, Hypothyroidism**
- Tumors of uterus, ovaries, breast and thyroid gland**
- Acne of adults, Cellulites, Obesity, Hair Falling**

Nowadays, there is a tremendous increase in frequency of hormonal disorders especially in women and even in young girls. What are the causes of such a spectacular increase? What is the role of hormonal system?

### **The importance of Neuro-Hormonal Axis**

Homeopathy follows universal and medical laws in order to examine and treat health problems. A basic medical law is the Law of Whole. It tells us that we should always examine Man as a psychosomatic whole because all “parts” and levels of Man are connected together and each one affects the other.

Another basic medical law is the Law of Hierarchy. It tells us that not all “parts” and levels of the human being have the same importance. They are all useful but there is a certain hierarchy both in anatomy and function. Psychic Level is first and then Physical Level. Furthermore, hierarchy of Physical Level is: Nervous System, Hormonal System, Heart and Lungs, Immune System, Viscera, Muscles and Bones and last Skin.

Psyche affects brain; brain through hypothalamus affects hypophysis (pituitary gland); hypophysis being the central endocrine gland affects other peripheral endocrine glands like ovaries, testes, thyroid, thymus, adrenal glands, parathyroid glands; these glands secrete hormones by which they control almost every function of the organism: metabolism, growth of the body, menses, lactation, fertility, sexual desire, appetite, immune system, skin, temperature of the body etc.

It is important to understand that neuro-hormonal axon is the intermediate between psyche and body. So, whenever our psyche is stressed and troubled and disordered, there is an immediate and prompt stress and disorder of hormonal system. Nowadays, our stressful way of living affects nervous system and in turns hormonal system. Professional problems, personal problems, family contradictions, unnatural and stressful way of living bombard our nervous system and through it our hormonal system. This results in menstrual disorders, fertility problems, menopause disorders, fibromyoma of the uterus, ovarian cysts, thyroid malfunction, acne in adults, hair falling, obesity, cellulites etc.

### **Surgical operations and hormone substitutional treatment are not holistic and effective treatments**

If I remove, by means of surgery, fibromyomas of the uterus, ovarian cysts or tumors of uterus, breast, ovaries and thyroid gland, this does not mean that I have abolished causes of disease. I merely extracted only one of the results of Disease. Causes still exist and work and new results will follow undeniably.

This is in accordance to an old joke: “Tooth pain-tooth extraction-no pain!” The pain has gone away but so did a tooth and since disease is still there, then a new tooth will begin aching! Unfortunately Allopathy tends to act locally by suppressing symptoms or by removing temporarily the results of the Disease. I don’t condemn such a treatment if there is no other solution or if the patient’s life is in danger but, most of the times,

there are plenty of natural and effective treatments like Homeopathy or Acupuncture or many others.

Many times, allopathic doctors choose to treat the patient by giving hormones. They substitute the hormones of the body, when there is a lack of them in the organism, with hormones produced at the lab. So they give hormones or contraceptive pills for menstrual or other disorders, thyroxin in hypothyroidism, insulin in diabetes, testosterone in lack of sexual desire and so on. But the truth is that Nature is too wise and complicated to be surpassed or even imitated by Man even if he is a scientist. We, doctors, should stop playing God! We are only humans! Our only wisdom is to follow the wisdom of Nature and God, to follow universal and medical laws, to help the already existing and wise therapeutic mechanisms of our organism to bring things back to order.

For example, the synthetic hormones cannot imitate completely the natural ones. Even if we use human hormones taken from one person to give to another we cannot imitate the pace of secretion and its periodicity: daily, monthly and seasonal. Hormone secretion in our body is also affected by our way of living and our psychology and we cannot imitate that. So whenever we administer synthetic hormones we never come close to a perfect substitution and that's why we have side effects. Furthermore, substitutional treatment does not stop causes that affected malfunction of the gland.

### **Effective and harmless homeopathic treatment**

Homeopathy acts in a holistic way and has no side effects at all. It acts from up to down, hierarchically, establishing order in soul and body. By regulating nervous system it also regulates hormonal system since these two are so closely related. It deals with causes of disease and not with local symptoms. Therapeutic result, whenever achieved, is complete and permanent. Surely, homeopathic medicines are not magic or a “panacea”. But if you want to help Nature restore order there is no other way but the natural one!

## **2.8 OBESITY**

### **Who is and who isn't fat?**

When can we say that a person suffers from obesity? We can say it only if his weight is at least 20% over the standards according to his sex and height. For example, a woman that should weigh according to her height 55kg if she gets over 66kg then she is considered fat. It is estimated that in United States of America and in many European countries almost 50% of the population suffers from obesity and that is a very high percentage with a great impact on general health.

### **Why do we get fat?**

But why do we get fat? Numerous researches have been conducted up to now. The main effort was to find the metabolic mechanism of obesity and block it. Medicines, produced to inhibit metabolic procedure, showed poor results and many side effects. Metabolism is a very complex, flexible and sensitive procedure and it is not so easy to be controlled.

Furthermore, metabolism seems to be the last level in a series of many levels of causes. Unbalanced Metabolism is the pathogenic mechanism of obesity and not the cause. Some other chemical drugs were and are used so as to prevent absorption of fatty acids from intestines by causing a kind of diarrhea. Being an unnatural procedure it causes many side effects because many other useful food substances like vitamins are not absorbed.

A second line of research examined inheritance. They found out that many fat parents have fat children. Serious doubts arise to whether this was due to inheritance or to the fact that these fat parents passed to their children their way of eating and living that lead to obesity. Furthermore,

we know so little yet about genes and the procedure of inheritance that any drugs acting on such deep and complex level could be responsible for major or even inherited side effects.

Hypothyroidism can cause obesity due to low metabolism but only a few fat people do have hypothyroidism. Hormones like thyroxin were used to increase metabolism far more than normal rate so as “to burn fat tissue” but this affects the whole of the organism producing in a healthy man the artificial disease of hyperthyroidism thus causing severe side effects.

Other scientists support that obesity is an illness caused solely or mainly by our modern way of life: rich and junk food, unnatural and refined and full of chemicals food, lack of physical exercise, meaningless and anxious way of living driving us to eat etc.

**“When the whole is sick you should cure the whole”**

The truth is that obesity, like most illnesses, is after all a multifactor disorder. Man is not a machine consisting of isolated parts. Man is a psychosomatic whole. Apart from local slight injuries, in all other cases first suffers the whole and then parts. Disease comes from above down and from the whole to the parts. Local illnesses are parts of the general Disease (weakness) of the patient.

Any “fat man” lives usually in a certain society, in a modern society where consuming products is a way of life, so why not consume food also in quantities. Recreation often is synonymous to eating and preferably eating a lot! Consuming societies of today promote shopping therapy and eating therapy! Things get worse not only due to quantity but also due to bad quality of food: fast food, junk food, refined food, unnatural and unhealthy food, food full of chemicals and additives promising to give special colors and taste. Many fat persons usually forget thier anxiety and

problems by eating. It is the cheapest, easiest, fastest and of course most delicious “therapy”.

So if we want to cure such a multifactor disease we have to treat all these social and psychological factors. No “magic pill” can save us from obesity if our life doesn’t change radically. We have to take care of our psychological balance, become more happy and joyous, change our relation with food, exercise more and get over our food passion. Greed is after all one of the “seven deadly sins”.

### **Homeopathic treatment and change of one’s life**

We have to convince ourselves that never ever, science will produce the magic pill or the magic cream, the magic diet or the magic surgical operation for obesity. We are fat because of our actions. Homeopathic treatment treats the whole of the patient and promotes his psychological balance and his physical health and wellness. When you feel better you eat in a normal way. When your organism works better, your metabolism also works better and your hormonal system is more balanced.

Many patients were helped by homeopathic treatment so as to lose weight. The most successful cases were those who changed their way of life and their relation with food. There is a wise ancient Greek saying: “Goddess Athena will help you but you have to move your hand also!”

## **2.9 PEPTIC DISORDERS**

**-Gastritis, Duodenum Ulcer**

**-Colitis**

**-Constipation, Diarrhea**

Those who suffer from peptic disorders are in a very bad condition because their symptoms tend to appear every time they eat; nowadays this is done many times a day! Some of the symptoms are: stomachache, distention, retching, burning, nausea, vomiting, diarrhea, constipation and gases. Often these local symptoms produce also general symptoms like: debility, annoying cold sweat, irritability, bad mood, restlessness, no desire for work, melancholy etc.

This happens because peptic system and especially stomach and intestines are closely related to nervous system. It is not accidental that when facing troubles or worries or sad events we often say: “I felt a punch in the stomach” or “he turned my stomach upside down”.

### **Isolated local treatments lead to a dead end**

The most common illnesses of Peptic System are: gastritis, colitis, gastric ulcer, duodenum ulcer, constipation and diarrhea. Allopathic Medicine recommends certain non-irritating diets. This, of course, doesn't cure peptic predisposition but it aims to relieve symptoms. Often these diets don't help much because of psychological factors that greatly affect peptic function.



Another treatment used is long-course antibiotic treatment aiming to kill helicobacter pylori which is considered to be the cause of peptic ulcer. First of all, this microorganism is not even traced in the majority of patients with gastritis or gastric ulcer. Second, whenever traced, this does not mean that it is the cause of the problem. Fungi, viruses and bacteria present an uncontrolled growth only when local conditions are favorable for them and only if defense mechanisms of the organism are disordered.

So, the mere presence or even uncontrolled growth of helicobacter pylori is not the cause but only one of the results of disease. Bacteria are but scavengers, trash eaters where abnormal conditions develop. If it were the cause then after antibiotic treatment there would be full success and no relapses. But this is not the case. Many times there is no therapeutic result or other times there are frequent relapses.

### **Homeopathy treads Man as a psychosomatic whole**

Diet, antibiotics, pain killers, sedatives, anti-acids and any local or isolated drugs act superficially and temporarily. The patient may take them for years and years gaining only relief, if any. As a rule he is not permanently cured. This is the case because Man is a psychosomatic whole and thus he is affected by a series of causes from up to down, from psychic level to physical level.

We should never forget that because Man is a multi-level creature, his disorders, his illnesses are almost always multi-factor illnesses. In accordance, cure, in order to be permanent and effective should be multi-level. Furthermore, since his levels are placed with a certain hierarchy, then our treatment should also be hierarchical. “Fish sting from the head downwards”! Illnesses should be treated from the “head”(psyche) downwards(body).

Allopathy treads illnesses locally. Homeopathy treads Man as a whole. Whenever we tread a patient with gastric ulcer we know that it is not only stomach that suffers but the patient, the man himself as a whole. The first therapeutic changes during first month of homeopathic treatment are relief of stomach symptoms. During the next months, these symptoms become more rare and milder and at the end of treatment he is ok.

Later on, when medicines are stopped, he rarely has relapses. But even then symptoms are milder and for shorter periods. This is due to the fact that systematic treatment did not cure only acute illness but also cured or at least lessened peptic predisposition. So the patient must face severe external factors and adopt very bad nutrition so as to have symptoms again, yet milder.

Homeopathic treatment, acting on the whole, will also cure symptoms of other co-existing local illnesses like for instance eczema, goiter, arthritis, depression etc. We don't administer one separate homeopathic drug for each one of these local illnesses because we don't act locally. We give only the Simillimum, that is, the one and only homeopathic medicine which best suits every time not local illnesses but patient's idiosyncrasy, that is, his character, his type. Not only symptoms will be cured but also predispositions that are beneath them.

The same treatment will improve general condition of the patient's organism: his physical strength, his quality of sleep and the bowels function. His appetite if less than normal will increase and if more than normal will tend to be regulated more easily. That is the meaning of regulation. If the patient is a woman her menstrual cycle will be regulated and fertility will be enhanced.

The same improvement happens also to his general psychological condition. His mental capacities will be enhanced and thus his professional productivity. He will become less anxious and more calm.

As treatment progresses his main idiosyncratic characteristics will also be regulated. A very irritable person will become less irritable while at the same time a person who suppresses his irritability will become more expressive. A very risky person will become less risky and a coward person will become bolder in his actions. A very hot, sweating and greasy person will become cooler, less sweating and less greasy.

After all, idiosyncratic characteristics are but imbalances at the range of normal, but still imbalances that can be regulated by homeopathic treatment. This multilevel action of homeopathic treatment is due to the holistic action of Homeopathy.

## **2.10 HEADACHES**

### **-Headaches, Migraines**

### **-Face Neuralgia**

Who doesn't know what headache is? Everybody do! It is such a common symptom! It isn't much to have a headache now and then but it is a great problem to have such a pain almost every day. Chronic headaches, migraines or face neuralgias can turn a man's personal, family and professional life upside down. He cannot feel calm, satisfied or happy. His mind is always fixed on the pain he has or will have quite soon.

### **Common aspect about causes of pain and “pain-killing” treatment**

There are of course many illnesses like hypertension, fevers, vision disorders, ear infections and brain tumors that can cause headaches but most of the times we can't trace any certain illness responsible for chronic headaches. We then come to the conclusion that these headaches are functional; they are usually caused by muscle tension of the neck or disorder of blood circulation to the head. These two factors, of course, are not real causes but are pathogenic mechanisms. Often the real cause is a combination of hereditary predisposition and anxious way of living.

Pain killers often relieve but temporarily. They do what their name implies; they “kill” the pain! They kill the present symptom but another one comes again because they don't “kill” the real cause, namely, predisposition. It is often a fact that organism gets used to drugs and pain becomes stronger next time and the patient desperately swallows more and more pain killers until he has severe side effects to his blood, liver and kidneys. But nothing seems to take the pain away! Then sedatives and anti-depressive drugs are employed but headaches insist.

### **Homeopathic treatment: holistic and causative**

Homeopathic treatment always acts in a holistic way. It treats the patient as a whole, no matter where the patient has the pain or any other symptom. When the head is in pain it is possible that other organs or systems suffer also and often psychological factors are present. We are not machines! We are psychosomatic wholes. First the patient is disordered and then his head! We function as a whole according to Universal Law of the Whole and from up to down according to Law of Hierarchy.

If we, doctors, consider ourselves as true scientists then we should always apply laws during our scientific actions. Any illness should be examined according to diagnostic laws and any medicine should be given according to strict therapeutic laws and not on the base of simple “experience”. Another law that has to be applied is Law of Individualization. Each patient is but a specific psychosomatic whole and has to be treated as a different case. Homeopathic medicine, in order to be suitable for the phase given, must be similar to the patient’s idiosyncrasy.

### **What’s idiosyncrasy? What’s it’s relation to disease and treatment?**

Idiosyncrasy is but the picture of the patient’s unique and specific physical and psychological characteristics. Idiosyncrasy makes a person and thus a patient, differ in a unique way from another person or patient. What is the relation of idiosyncrasy to Disease?

Let us see two examples of different idiosyncrasies: The first example is an irritable, energetic, active and ambitious woman. Having these idiosyncratic characteristics she tends to choose her profession accordingly. She becomes a businesswoman working day and night. If she has a strong predisposition for headaches then she will soon have nervous headaches due to muscle tension of the neck. Pains will have a

sudden onset and be so intense that they “will drive her crazy”. She will be restless, irascible, shouting and cursing. She will take handfuls of several pills and will try to forget her pain by working even more.

Her co-worker is a slow, easily-tired woman. She can’t stand stress and intense work. She is not ambitious at all and works just for survival. If she has a predisposition for headaches then she will develop headaches even from normal work conditions. Her headaches will have a slow onset, long duration and will be mild. She will just have a “heavy” head. But this will make her unsocial and melancholic. She will prefer to lie down alone in the dark.

So we see two women with the same predisposition and the same illness but due to different idiosyncrasies they react in a different way and so have each one of them, unique symptoms. They need different homeopathic medicines that suit their different idiosyncrasies.

### **Radical and permanent treatment**

Homeopathic medicines act radically and permanently by mobilizing the patients’ physical and psychological defense mechanisms. They not only relieve the present headache but they gradually lower the predisposition for headaches. Headaches will gradually become more rare and milder. In the end the patient will have the occasional mild headaches that all other people have at times. Even in adverse conditions there will be none or mild headaches.

Furthermore, the patient will have an improvement to his general physical condition and psychological state. Even his extreme idiosyncratic characteristics will be improved. The irritable woman of our first example will become less irritable and more relaxed and the second woman will be more energetic and less easily tired. All these will be achieved in a mild and natural way and thus without any side effects of any kind.

## **2.11 HIGH BLOOD PRESSURE, HEART DISORDERS**

**-High Blood Pressure**

**-Arteriosclerosis**

**-Arrhythmia**

Just think of a large city with traffic jam and you will get the picture of high blood pressure in a human organism. It is not accidental that journalists talk of traffic “heart attack” at rush hours in large cities. Unhealthy nutrition, smoking, obesity and lack of physical exercise are considered for many years the main causes for illnesses of the heart and vessels like high blood pressure, arteriosclerosis and heart attack.

Last years, many researches show that psychological factors are probably the main cause of such diseases. We often talk about “nervous” high blood pressure that is caused by today’s stressful modern way of living. This mode of stressful living has created many financial, professional, personal and family problems. It’s not accidental that our language relates emotions directly to the heart. We often say: “If you do that you insert a knife into my heart!” or “this man is heartless, he has no feelings at all” or “my heart nearly stopped from fear!”

### **Local superficial treatment or holistic homeopathic treatment?**

Nowadays, we have a lot of chemical drugs that affect and regulate the function of the heart and vessels. These drugs act directly to the heart or vessels and many times are life-saving especially in acute conditions. But many serious problems arise when they are used as chronic treatment.

First of all, they don't cure the cause of the disease, but they only suppress symptoms or give a temporary regulation. Causes continue to exist and affect heart and vessels and disease progresses to more severe stages. Second, they do have severe side effects and a considerable cost due to chronic administration. But there are two more "side effects". First, the patient is relieved, feels safe and does not appeal to a causative treatment with permanent results. Second, he doesn't try to improve his way of life, that is, nutrition, physical exercise, smoking and other unhealthy habits.

Some allopathic doctors believe that if apart from the anti-hypertensive drug they also administer a sedative then they treat the patient as a psychosomatic whole. But this is not true. Sedatives act on chemistry of the brain suppressing functions. Brain is a material organ and its' job is to bring in communication psyche with the material body; so sedatives do not act on psyche. Psyche is immaterial and only energy drugs like homeopathic ones or acupuncture treatment can affect immaterial energy level and through it psyche.

### **Homeopathic Treatment: a truly holistic treatment**

Homeopathic medicines act on energy level and through it on psychological level and thus order is established from above downwards to physical body. Due to their energy nature they have no physical side effects.

When the patient is already on treatment with anti-hypertensive drugs it is wrong to stop it immediately. He can also receive homeopathic medicines without having to worry since allopathic medicines act directly on physical level while homeopathic ones act on a different level, on energy level. As homeopathic treatment progresses and patient gets better as a whole, his blood pressure becomes gradually normal. The doctor monitors the patient's pressure and when he sees that it is back to normal then he gradually stops anti-hypertensive drugs since they are not needed any more.



If the patient continued taking antihypertensive drugs even when not needed, then these could cause blood pressure lower than normal as a side effect. After the stop of anti-hypertensive drugs the patient continues homeopathic drugs until it is decided by the doctor that they are not needed any more.

Most of the times, complete cure is succeeded but this doesn't mean that there aren't any incurable cases. Homeopathy always aims to deep and permanent results according to Universal Laws and in a natural and harmless way.

## **2.12 PREVENTIVE MEDICINE**

### **AND**

### **HOMEOPATHY**

**-Disease prevention**

**-Stress Control**

**-Enhanced mental functions**

**-Improved physical capacity**

In Homeopathy we believe that all medical questions and answers relate to the answer we give to the fundamental question: “What is Man?” Voltaire, once said: “Doctors prescribe medicines for which they know few things, for illnesses that they know even less, for Man, for whom they know nothing!” Unfortunately this stands bold even for today as concerns Allopathic Therapeutic System.

#### **Materialistic treatment**

Our diagnostic and therapeutic approach depends absolutely on our aspect on Man as an entity. If we believe that man is a complex “machine” composed of separated parts then we consider disease as the local malfunction of a certain part or parts. So we examine parts for changes of form or function and we try to restore form or function.

If the treatment is unsuccessful, then we may extract the part and try to replace it with another. So it is not strange that we tend to do a lot of surgery and transplantations. Of course, there is no doubt that many times there is no other solution and such operations save lives but many times we simply exaggerate.

But we must all admit that this is not radical and causative treatment. We only take away one of the local results of disease and not the real causes. Usually things tend to deteriorate as disease progresses again and we can't do operations again and again to other organs. This way of action has many side effects and a serious cost.

On the other hand, chemical drugs used by Allopathic Medicine tend to act locally and thus apart from the main local therapeutic effect they do have many side effects in other organs and systems of our body. Chemical drugs do not heal the patient as a whole but tend to relieve or suppress local symptoms and local illnesses.

### **Disease is primarily a disorder on Energy Level**

Homeopathic Medicine considers Man as a psychosomatic multilevel whole. First there is Psychic Level, then Energy Level and lastly Material or Physical Level. Science of Physics names Energy Level as the human electromagnetic field, Acupuncture talks about energy "Chi", Wilhelm Reich called it "Orgone" and Homeopathy named it Vital Force.

Today we can even photograph this energy by the special Kirlian camera which gives us a picture of the Human Aura. When energy level of any man is disordered we can detect changes at his Aura and after a while we have functional disorders and then physical symptoms and biochemical changes.

Many decades of years before the discovery of Kirlian photography, Hahnemann, the founder of Homeopathy, had suspected the presence of Energy Level and its importance to health and disease. He said that disease comes first as a disorder of the Vital Force (Energy Level) and then as physical disorder. So he said that if disease is primarily an energy disorder then medicines to cure it should also be of the same nature. So,

he used plants and minerals as crude elements which he turned into homeopathic energy medicines through successive dilatation and percussion.

### **Homeopathy is the ideal preventive treatment**

Whenever we administer a homeopathic medicine we act on human Energy Level and confront disease in a deeper and primary level. That is the main reason why we don't have any kind of physical side effects. But if we act on a primary level we have the ability to act preventively, that is, when disease is at the Energy Level and even before it manifests itself through physical symptoms.

Such a primary action is confirmed in many cases and is clearly shown when treating seasonal allergies. Let's take for example the case of a man who has hay fever only at spring time. Allopathy gives chemical drugs whenever symptoms appear so as to suppress them but in Homeopathy we can start treatment months before symptoms appear and treat predisposition for allergies and bring back to order the energy disorder. So when spring comes there may be no symptoms at all or milder compared to previous years.

During any given treatment homeopathic medicines do not only cure acute illness but also predisposition of that area and of other areas and systems of the organism. If the treatment is long enough, then there is one more important change: extreme idiosyncratic characteristics of the patient are regulated closer to normal and thus he behaves more normal than before. A more balanced behavior leads to less stress, less anger and less irritation of his predispositions thus preventing the appearance of disorders and illnesses.

True prevention means action in a deeper and primary level and that's what Homeopathy does!

## **CHAPTER 3**

### **A.UNIVERSAL AND HOMEOPATHIC LAWS**

### **B.STRUCTURE AND FUNCTION OF MAN AND UNIVERSE**

**3.1 What is Homeopathic Medicine?**

**3.2 Hippocrates is also the father of Homeopathy**

**3.3 Energy medicines with holistic action**

**3.4 Cheap and natural medicines**

**3.5 Legal Status of Homeopathy in Greece and abroad**

**3.6 How can a medical doctor become a homeopathic physician?**

**3.7 Homeopathic Case Taking: Diagnosis of patient's Idiosyncrasy**

**3.8 Medical Science and Therapeutic Systems**

**3.9 What is the critical difference between Homeopathy and  
Allopathy?**

**3.10 The aim of these lectures is development of a holistic medical  
thinking**

**3.11 Despite all promises our Health System is ill**

**3.12 Natural Science is a true Science because it is based on Universal  
Laws**

**3.13 Allopathy is not based on Natural Laws**

**3.14 A true Universal Law must have general and timeless validity**

**3.15 Universal Law of Unity and Diversity**

**3.16 Homeopathic Law of Whole in Diagnosis and Treatment**

- 3.17 Etiology of Diseases and Law of Whole**
- 3.18 Homeopathic Law of Whole and Structure of Man**
- 3.19 Homeopathic Law of Individualization**
- 3.20 Homeopathic Law of Minimum Dose**
- 3.21 Homeopathic Law of Similar**
- 3.22 Homeopathic Law of Hierarchy**
- 3.23 Homeopathic Law of Disease Suppression**
- 3.24 The Pyramid of the Worlds of Universe**
- 3.25 Energy-Material World**
- 3.26 Etheric World and human Etheric Body**
- 3.27 “In the image of”**
- 3.28 Universal Law of Unity and Diversity**
- 3.29 Universal Law of Minimum Consumption of Energy**
- 3.30 Universal Law of Hierarchy**

Good evening and thank you for coming to this lecture tonight. For those of you, who don't know me, let me introduce myself. I am Dr Athos Othonos. I am a medical doctor, graduate of the Medical School of Athens University. I was turned to Homeopathy from my early student years and have practiced it since my graduation the last 25 years.

Today it's our first lecture of a series of lectures to the general public concerning Homeopathic Medicine. Medical lectures tend to be rather boring monologues full of statistics and scientific terms. I will try to avoid this as we proceed, but there will be a rather boring but necessary monologue at first introducing you to Homeopathy. Then things will be more interesting, at least I hope so as we will have a dialogue about our

main today's subjects which are first: Universal and Homeopathic Laws and Structure and second: Function of Man and Universe.

### **3.1 What is Homeopathic Medicine?**

Homeopathic Medicine is primarily, as its name reveals, a Medical Science. To be more exact, it is a branch of the general Medical Science, as are many Therapeutic Systems. It has its own special diagnostic and therapeutic methods. Homeopathy is also a part of Holistic Medicine. Other holistic medicines are Acupuncture, Chiropractice and Osteopathy. So, to put in a simple way, “mother” Medicine has many “children”, that is, many Therapeutic Systems; one of these is Homeopathy.

### **3.2 Hippocrates is also the father of Homeopathy**

Hippocrates is not only the “father” of Medicine but also the “father” of Homeopathy. He was the first to set out basic principles of Homeopathy by saying that “similar illnesses are cured by similar means” and “illnesses arise from similar causes; if we administer to patients similar therapeutic means, from diseased they will become healthy”.

Samuel Hahnemann, the founder of Homeopathy, was a famous German professor of Medicine that lived in Germany about 250 years ago. He studied the teachings of Hippocrates and tried to confirm it in every day clinical practice. Being a professor of Pharmacology and a great chemist of his times, he started a strict scientific experimentation with several minerals and plants and finally developed the Therapeutic System of Homeopathy. So Homeopathy is at the same time based both on ancient holistic principles and modern scientific experimentation.

### **3.3 Energy medicines with holistic action**

Homeopathy administers drugs usually in the form of capsules. They originate mainly from the plant and mineral kingdom but they are not just

herbs or vitamins. A special natural scientific procedure called “potentization” is employed for their preparation. Potentization develops the potential of the original material substance transforming it into an energy medicine.

This energy medicine acts directly to the energy level of a human being just like Acupuncture and other energy therapeutic systems do. This, in turn, mobilizes both physical and psychological defense mechanisms, that is, acts on the whole of human being. That’s the reason why we call Homeopathy a holistic Medical System.

Mobilization of the organisms’ defense mechanisms starts the procedure of balancing and treatment. You see, our organism is wiser than all doctors together, because it has in it, by birth, the wisdom of the Creator and the natural therapeutic means to heal itself; if of course, we permit our organism to function in a natural and undisturbed way.

### **3.4 Cheap and natural medicines**

Homeopathic medicines are natural due to their natural origin, natural preparation and natural way of action. They are so harmless that can be given without any hesitation even to pregnant women and newly born children. After two hundred and fifty years of worldwide administration not even one has been withdrawn from circulation due to side effects or addiction. But the main reason for this harmless action is their action not in the material level but in the energy level. Another reason for the lack of side effects is their holistic action. When you act on the whole and not on “sides”, not on “parts” then it is expected to have no side effects.

Homeopathic medicines can be administered at the same time with other usual chemical medicines. This is possible because they act in a different level. Material chemical medicines act on material level and homeopathic energy medicines act on energy level.



Their natural origin and way of preparation makes them very cheap compared to chemical medicines. For example a monthly treatment with any homeopathic drug costs about 12 to 14 euro. All homeopathic medicines of the same potentization have the same price because the raw materials are so cheap that what finally counts is the cost of preparation. These medicines are imported to our country as potentized solutions from pharmaceutical European companies, mainly English, French and German.

They are imported by a few central homeopathic pharmacies and these pharmacies carry out the process of processing the solution into capsules. First they spray the solution to an absorbing inactive agent, mainly dust of lactose and then they enclose the outcome to capsules. These central pharmacies supply all other peripheral pharmacies with homeopathic capsules.

For many years in the past most Greek social insurance funds covered the cost of homeopathic medicines but last years after severe financial cutbacks this changed. Some funds still cover the cost of homeopathic medicines.

### **3.5 Legal Status of Homeopathy in Greece and abroad**

Homeopathy is practiced worldwide the last 250 years. In the European Community it is taught in many State Medical Universities almost in all countries except Greece of course! We somehow manage to differ even in a negative way! It's a pity that Homeopathy derived its principles from Ancient Greece and still hasn't found its place in Modern Greek Universities.

In the European Community many state hospitals include Homeopathy as a practicing Therapeutic System. For instance in the United Kingdom it is

taught and practiced at the Royal London Homeopathic Hospital under the auspices of the Royal Family. Most European Social Insurance Funds cover the cost of homeopathic treatment, that is, both drugs and medical examination.

Even in Greece, things start to change little by little. When the late George Gennimatas was Health Minister, following the European Community laws, he formed the Homeopathic Committee of the Central Health Board. Its sole aim was to introduce Homeopathy in all levels of Greek Health System and Health Education. But things stuck, as they usually do, in our small country.

Today, Homeopathic Pharmacology is taught in the State Pharmaceutical School and is also a postgraduate course at the State Aegean University. According to European guidelines, Homeopathy must be accepted in the years to come as a medical specialty at the Greek State Medical University.

### **3.6 How can a medical doctor become a homeopathic physician?**

Things are somehow strange in Greece today concerning the legal status of Homeopathy. What do I mean by that? Homeopathic lay practice is legally accepted and recognized. We, homeopathic doctors, are members of the regional Medical Associations. We issue receipts for our homeopathic medical payment and pay taxes to the state. Several Social Insurance Funds cover the cost of homeopathic treatment. Homeopathic Medicines are legally imported and sold by pharmacies.

But, in spite of all these facts, Greek State has not yet undertook the obvious obligation to create a course on Homeopathy at the Greek State Medical University. Such an action would set reliable standards concerning Homeopathic Education; furthermore, it would save a lot of

money and trouble for Greek doctors who go abroad to study Homeopathy and become homeopathic doctors.

So, nowadays, anyone who wants to become a homeopathic doctor in our country must first study six years in a Greek State University to become a medical doctor and get its degree and then must study abroad in European Universities to become a specialist in Homeopathy. Another equally reliable way for a Greek medical doctor to become a homeopathic doctor is to follow the training program of several Greek Associations of Homeopathic Doctors.

### **3.7 Homeopathic Case Taking: Diagnosis of patient's Idiosyncrasy**

How does a homeopathic doctor take case history? At first he does what his allopathic colleagues do. He asks about and writes down his patient's family history, that is, what kind of illnesses his relatives had. Then he notes down his patient's individual history, that is, what kind of illnesses he had in the past. Then he deals with his present health problems.

Furthermore, he proceeds by clinically examining his patient. Then he is informed about his patients' laboratory examinations, x-rays and other findings and orders if necessary other tests. Finally, taking in consideration all the above, he reaches diagnosis of illnesses from which his patient suffers.

From that point on, homeopathic doctor proceeds to a special case taking called the homeopathic diagnosis. This diagnosis does not concern the illnesses of the patient but it does concern the "Idiosyncrasy" of the individual, that is, his special and specific physical and psychological characteristics either in health or in disease.

That's the reason why homeopathic doctor asks several "peculiar" questions, for example, if someone is generally hot or cold or if he likes sweet very much or if he is an irritable or calm person. If we focus our attention at this room this certain minute we shall observe that at the same temperature conditions one of you is wearing just a thin blouse and another one is wearing a woolen jacket. This is not accidental. It is simply due idiosyncratic characteristics that affect us during our lifetime.

The person with the thin blouse has been hot throughout his life and the other one with the woolen jacket has been freezing for many years up to now. The "cold type", if asked, says characteristically: "Oh doctor, my whole life I've been so cold; never got enough heat. As soon as Winter started I had to put woolen socks in bed to keep my feet from freezing or had to warm them first in hot water and then go to bed or else I could not have an hours sleep". At the same time, the "hot type", even in mid-Winter, even in a cold bedroom, had to put his naked burning feet out of blankets to cool them down.

Such things are not and cannot be considered accidental or meaningless. They are meaningful important idiosyncratic characteristics of this person. They point to us, experienced homeopathic doctors, the idiosyncrasy that affects this individual and this leads us directly to the cure of this idiosyncrasy by means of the similar homeopathic medicine.

Apart from temperature preferences, we are also interested in his desires and aversions concerning sweet and salty taste, sour or spicy food, fatty food, cold water, milk etc. His favorite position during sleep, his relation to the sea or the mountain and many other "details", mean a lot to us, homeopathic doctors, concerning his idiosyncrasy.

We are also interested in his body type and structure. His predispositions for disease are also of great importance to us. For example a patient says: "Since my childhood I've always had a sensitive stomach", while another

patient says: “I’ve always had a perfect stomach; I can even digest rocks!” That is, he can digest even the most unhealthy food. Such things, such extreme characteristics, cannot be ignored as accidental; they are strong idiosyncratic characteristics of the person.

But, after all, the most important characteristics of a person, are his psychological characteristics. During homeopathic case taking we ask the patient: “Do you easily get angry? Do you express your anger and how? What makes you angry? Do you easily confess your personal affairs? What are your fears? Are you tidy or sloppy? What do you want out of your life? What are your desires or ambitions? Are you pleased with your present life?”

Of course, don’t you even think for one minute that we take for granted anything you answer to us! We have to double check the information you give us, to verify it in our own special way and to cross-check it with other symptoms either physical or psychological. We do that, so as to get a reliable whole picture of the idiosyncrasy that affects this certain person at this certain phase of his life.

Most often, we’ve got a different picture of ourselves from what we really are. For instance I ask a husband in the presence of his wife: “Are you irritable?” He replies: “Well... nothing special”. Immediately, his wife bursts out: “What on Earth are you saying! Don’t listen to him doctor. He is full of nerves. He is driving me crazy! He shouts all the time! He is so irascible and touchy!” The annoyed husband replies: “I certainly aint irritable! it’s just that others make me irritable and force me to burst!” (laughing by the audience) So you see if we don’t cross-check, so as to be objective listeners, we may prescribe, an irrelevant to his idiosyncrasy, medicine.

In the end, after all the questions asked and after thorough building up of the whole picture of the patient’s character, we come to a conclusion

about his present Idiosyncrasy. These human types, these Idiosyncrasies, are not arbitrary inventions that reside only in the minds of homeopathic doctors; they are cross-checked and verified results of scientific experimentation by various doctors, in various countries during the last 250 years of homeopathic research and homeopathic clinical application.

In fact, it was Hahnemann who first introduced the scientific way of experimentation that we use until nowadays, called “Double Blind Trial”. He used it to reveal in an objective manner, pharmacological properties of plant and mineral substances. After years of experimentation he ended up in discovering the human types, the Idiosyncrasies, that affect human physical and psychological behavior. It is this use of Double Blind Trial method that makes the difference between Homeopathic Typology of Man and any other arbitrary typology introduced by several methods of Psychologists. It is not accidental that we often say “Five psychologists... six systems of Psychology!” Just like Greek people: “Five Greeks... six Political Parties!” (laughing)

So, after we come to a conclusion about our patient’s idiosyncrasy then according to our knowledge of Homeopathic Materia Medica - which describes thoroughly all Human Idiosyncrasies – we administer the similar homeopathic medicine that puts into action all therapeutic mechanisms aiming to a final treatment.

I tried in a few words to describe vaguely what is Homeopathy, when it started, what are its basic principles, how homeopathic medicines act, the origin of its therapeutic means, how diagnosis and treatment is carried and what is the legal status of Homeopathy in Greece and abroad. It’s now time to go on to our main subjects today which are Universal and Homeopathic Laws and Structure and Function of Man and Universe.

According to my personal opinion, there is a basic difference between therapeutic system of Homeopathy on one hand and today’s prevailing

Allopathic therapeutic system. I must strongly clarify that by the term “Allopathy” I don’t express any kind of contempt or prejudice against present prevailing method of using chemical drugs.

This term has an historical origin from the Greek words “*alla*” (other), meaning that Allopathy uses *other* therapeutic means (material drugs) that are not similar to the disease. On the other hand, Homeopathy uses “*homea*”, that is, *similar* to the disease means (energy means). This is in accordance to the basic principle of Homeopathy and Holistic Medicine that disease is primarily an energy imbalance of a human being that finally affects the lower material level of his existence.

### **3.8 Medical Science and Therapeutic Systems**

It is of great importance not to identify, not to equate, Allopathy with the whole of Medical Science. Medical Science is the whole while Allopathy is one part only, one Therapeutic System only. In fact, we should take in consideration that Allopathy prevails worldwide as a therapeutic system only the last 100 years while Homeopathy exists 250 years, Acupuncture some thousands of years and Herbal Medicine since the rise of human civilization. Prevalence of Allopathy or “Western Medicine” is a result of globalization and suppression of many several traditional therapeutic systems.

The main problem, as I see it, is that among the majority of doctors and the public, there is a strong belief that only Allopathy is scientific and only Allopathy is actually Medicine; all other therapeutic systems are just ineffectual “herbs” or charlatanism. Well, I must be straight and say that it is not my intention as a homeopathic doctor to come forth and say that my system, Homeopathy, is the one and only true method and that all other methods and Allopathy are false and must be thrown to fire! What is most important to me is to lead all of us away from such false attitudes.

We should accept at first in good faith all therapeutic systems as long as they are practiced by medical doctors and give them the chance to prove their value and limits in every day clinical practice. In the end, the aim is not just to have the best system to prevail and exclude all others but to use all of them where indicated to the best interest of the specific each time patient. The severe health problems that we face today point to us the necessity to leave room for all therapeutic systems. If we can help with more than one method why shouldn't we! As Hahnemann pointed out "the sole criterion for our therapeutic aim is but the patient's best interest".

So it is a matter of principle for all doctors and especially for us, holistic doctors and homeopaths, to view the whole and not to be prejudiced against any therapeutic system. Any fanaticism on the part of the doctor affects negatively only the patient. If we can help a suffering man with several methods why not do it? Clinical practice showed us that we can combine Homeopathy with Allopathy and other methods following certain rules, so why not do it?

### **3.9 What is the critical difference between Homeopathy and Allopathy?**

But let me drive you into a live dialogue by asking: "What is the critical difference between Homeopathy and Allopathy?" Those of you who happen to have some experience from Homeopathy, please speak out and say your opinion.

-Homeopathic drugs have no side effects while chemical ones have many side effects.

-It is indeed one important difference but for me, it is not the critical one. Any other views?

-Allopathic Medicine deals with the specific problem of the patient while Homeopathy acts on the whole organism.



-I suspect that you mean that Allopathy is targeted on illness or just on symptoms of the illness while Homeopathy tries to balance the whole, that is, both the material organism and the psychological level. Any other differences?

-Allopathic medicines are chemical while homeopathic are natural medicines.

-That is correct but is not yet the critical difference I have in mind.

-The result of homeopathic treatment is more deep while with chemical drugs the results are mostly temporary.

-Accepted, OK; I say it and you say it also but that does not mean that it is by all means so. You see we have to prove it at least by discussing it and supporting it as a fact. Please, pay attention to what I will say. At this minute, right now, we are just noting down opinions. All opinions are welcomed even those opposite to mine. We are not here to support Homeopathy. We are here to work things out. Let me make a digression... you see you will find me making a lot of digressions tonight... maybe it is one of my idiosyncratic characteristics. (laughing) Maybe it goes with the subject that we are discussing; Who knows?

### **3.10 The aim of these lectures is development of a holistic medical thinking**

Anyway, what is the aim of these lectures? What is my intention? I don't aim to just say a few things to you and thus you will acquire a certain amount of information about Homeopathy. My real intention is to give you some stimuli so as to help you develop a holistic way of thinking. This holistic approach will help anyone of you to be able to select the appropriate therapeutic system, the most natural and effective. It will also enable you to choose the right doctor for the case.

Nowadays, we spent too much time dealing with what to eat and what to shop; what kind of cosmetics to buy; what furniture to acquire; what car to purchase; what profession to follow; Is it less important from all the

above what therapy and what doctor to choose for regaining our health? Is it less important from all the above to whom we shall entrust our body and soul? I don't think so!

But if you come to think of it, this field of inquiry is the last to care about for the majority of people. We choose a therapeutic system just because it's the prevailing; just because most people choose it. We choose a doctor just because he is famous or just because we see him on TV or because he has many diplomas hanging on the wall of his office or because the neighbor told us to go to him.

So you see, there is an urgent and important need to develop the skill, the ability, the special way of thinking so as to discriminate concerning therapeutic systems and doctors. And that way of thinking is the *holistic way of thinking*. And that is what I am going to try to teach you by these lectures. I will also try to teach you how to prevent yourself from getting ill; how to avoid illnesses. But let's us go back to our previous question. I ask again: "What is the critical difference between Homeopathy and Allopathy?"

-The cost of medicines?

-It is true that homeopathic medicines are cheaper. But that is a matter of commerce. If tomorrow Homeopathy becomes the prevailing therapeutic system then it is more than possible that homeopathic drugs will become expensive. (laughing) Don't laugh! Don't laugh at all! Be sure of it. It's the capitalistic law of commerce! So we must conclude that the factor of the price of homeopathic medicines cannot be the critical difference between Homeopathy and Allopathy.

Before giving you the answer on the above critical question I will try to help you answer it by setting a few other questions.

### **3.11 Despite all promises our Health System is ill**

First question: “Why every year dozens of chemical drugs are withdrawn from circulation as ineffective or harmful?” Take in consideration that these very drugs were approved by the State, by famous universities, after years and years of laboratory and clinical research carried out by top scientists and medical doctors in different advanced in research countries.

These expensive and massive researches were done first in laboratory conditions and then these drugs were tested on animals and finally on human beings. Someone could say that “bad” pharmaceutical companies paid a lot of money under the table to promote these ineffective medicines. This is often a fact but it cannot be so for all cases. For the sake of discussion I say that we take out this factor because I, myself, don’t believe that this is the main factor that can explain the above question.

The question still remains: “Why on Earth, with such a tremendous scientific background, top universities, billions of dollars, state control, top scientists, thousands of animals and patients tested, why on Earth these very medicines were approved as effective and safe and after some years were withdrawn as ineffective or toxic? What’s happening here? What’s the trouble? Why are we mistaken?”

Let me give you a second question: “How is it possible to do wonders concerning diagnosis of illnesses and when it comes to cure and especially when it comes to cure of chronic diseases, to have such poor results?”

In the field of diagnosis we have in our hands technological wonders. For instance, expensive and sophisticated equipments like axial tomography, magnetic scanners, ultrasound equipments, electrocardiographs etc. With all these equipment we can have a clear view of every material corner of

a patient's body. We can view his organs, his tissues, his cells and even his smallest molecules. We can also examine thoroughly the precise contents of all his vital fluids like blood, urine, sperm etc. But when it comes to the treatment of chronic diseases then we must admit that we are far, far behind.

I still have a last third question: "Why in the field of public health we come across so many promises and so many failures?" From what I can remember, the last fifty years or more, there is a constant promise from scientists of Allopathic System; a promise that, according to my opinion, is at least absurd or irrational. They say: "The next few years we will manage to beat cancer! All that we need to achieve this, is to know a little more about mechanisms". I am sure that you must have heard this. I don't think that I am the only one who heard it said again and again.

Similarly you must have heard, from time to time, that "a new promising medicine or vaccine was discovered for the cure of cancer", "with this new generation of advanced antibiotics, infections will be overcome", "in the near future we will defeat illnesses", "evolution of Science will make it possible for Man to live much longer and there is a possibility to defeat old age and even death", "we will be able to create in laboratory, artificial organs and tissues", "we will be able to have Transplant Banks and do transplantations any time an organ fails to operate".

To me, all the above, seem so creepy and remind me of Orwell's movie. Especially the part that talks about cloning, that is, that any person will have a clone in the fridge in a Clone Bank and every time he needs a certain organ he will borrow it from his clone or clones. Are we or aren't we acting as Dr Frankenstein? Are we or aren't we playing gods? Furthermore, this reminds me of the Ancient Greek "hubris", that is, insult to gods.

What if we achieved open heart surgery? What if we've created artificial mechanical hearts? What if we've achieved artificial insemination? The fact remains bold and clear: in the end, when it comes to effective cure of chronic illnesses, we are so far behind!

This situation reminds me of promises made by politicians for prosperity. They talk about progresses made by the Economy, they present positive figures and numbers, they achieve goals... but in the end, when it comes to citizens wallets they are still empty and "unhappy". In the same way, if anyone of us takes a look at himself, family, relatives or friends, I am definitely sure that he can trace one or two with cancer, some with severe heart disease, many with hypertension and cholesterol or diabetes, some with anxiety and psychological problems and so on.

Nowadays, the majority of elderly people, carry in their bags dozens of medicines; one or two for the heart, one or two for hypertension, one for cholesterol, two for blood sugar, one for osteoporosis, one for blood circulation, one for anxiety or depression and so on.

Not many years ago, there were enough people that visited a doctor only at their late forties or fifties. That is something far forgotten nowadays. Nowadays, it is a common thing to visit a doctor. We all do it many times during a year. Instead of getting better concerning our state of health we decline. That is the general picture today; the undisputed general picture; stubborn reality!

No matter how many magic pills or vaccines we've produced, no matter how many dollars we've spent, no matter how much technology we've created, our state of health and quality of life is steadily declining and a bold "why" is standing there on the horizon of our minds and lives demanding for an answer. What's wrong? Is Nature wrong or are we humans wrong?

After troubling you so much with facts and questions, I will go straight to the point. The critical difference between Homeopathy or Holistic Medicine in general and Allopathy, is that Homeopathy is based on Universal Laws while Allopathy isn't based even on a single diagnostic or therapeutic law with general validity. Well I've dared to say it after all!

I know what I just said. In fact, I am very well aware of what I said! And I even know that what I've already said seems very strange to most of you; it seems even absurd; it seems a lie or an exaggerated thing. If a homeopathic doctor dared to say such a thing to me when I was an allopathic doctor I would certainly stare at him with a murderous glance. "How dare you say such a thing", I would shout at him. "You have offended me and thousands of my colleagues and my Science", I would also say. But let us calm down and let's discuss it. I am confident that in the end, most of you, will agree with this seemingly absurd opinion of mine.

### **3.12 Natural Science is a true Science because it is based on Universal Laws**

Physics, Chemistry and Mathematics are true Sciences. In Greek language the word for Science is "Epistimi" which comes from the verb "epistame" that means "I know very well". So in order to be a scientist and serve Science I have *to know very well*. How can this be achieved? Can it be done by examining Nature in an arbitrary way or in a subjective way? I support that I can be objective and close to truth only if my observation is based on Universal Laws. If I am to acquire knowledge from Nature I have to follow its rules and laws, that is, I have to respect and employ Natural Laws or else, Universal Laws.

How can I, as a medical scientist, try to cure a patient who is a "child" of Nature, without even knowing what Man is? What is his relation to Nature? Which are those Universal Laws that govern his body and soul?

If as a Medical Science, if as a Therapeutic System, I don't follow such Universal Laws then I am not worthy of the title of Science and I am not scientific per se.

That's the reason why I claim that today's Western Allopathic Medicine is not scientific. That's the reason why nowadays every year hundreds of chemical medicines are withdrawn as ineffective and toxic; it is because they were tested without respect to Universal Laws. That's the reason why so many medical theories are proved false and rejected after every International Medical Conference.

These very medicines and theories were approved and praised internationally and after some years were rejected and thrown to fire. Every time the excuse is: "we didn't know well then but now we know so much more and there will be a time that Medical Science will know everything and will do anything"; but this is just a vicious circle; the story of Sisyphus! We pull up the stone and just before the end of the hill it rolls down and we begin again the same thing in vain!

Why does this happen in Medicine and why doesn't it happen in Physics, in Chemistry and in Mathematics? Not even one Natural Law discovered by the above true Sciences has been rejected up to now. Some have just been completed or expanded. All of them were tested in technological applications that we use in our everyday life. But most of the clinical applications of Allopathy in everyday treatment were replaced or rejected or worst were proven to be harmful. Instead of promoting life they injured life.

You will never see in Mathematics or Physics or Chemistry the existence of a prevailing "Orthodox" or "Official" Mathematic System and several others that are "unorthodox" or "complementary" or "alternative" or even "heretic". There is space for all opinions to be tested in laboratory and technology, in experiments and applications based on known Universal

Laws. All mathematicians know and accept the same Mathematic Laws. For all of them, one plus one makes two.

### **3.13 Allopathy is not based on Natural Laws**

Unfortunately, the last decades of years, Allopathic System has prevailed in Western Medicine and Western Medicine through globalization has prevailed worldwide. Unfortunately, this system is not based on any Universal Law, especially as concerns its therapeutic part.

A similar thing has happened in Agricultural Science. Nowadays, prevails the therapeutic system of chemical pesticides while Organic Agriculture is considered an unorthodox outsider. The same thing stands bold on Stockbreeding. The prevailing system is using chemical drugs while outsider natural systems are based on ecological laws.

So, I claim that Homeopathy and other Holistic Therapeutic Systems are based on Universal Laws while on the other hand Allopathy does not. I claim it; it's my right; but it's also your right to ask from me to prove my declaration. And that's what I am going to do!

### **3.14 A true Universal Law must have general and timeless validity**

A true Universal Law must comply with certain criteria. The first criterion is to have a general effect. I cannot consider as Universal Law something that stands well for John but has no effect on Mary. Nor can I consider as Universal Law something that has effect on an American and has no effect on a Russian. It must have effect on all climates, all sexes, all places and all conditions. It must have a general effect, a general validity.

It is also necessary to have a timeless effect, a timeless validity. That is, what was valid in Homeopathy 250 years ago must be also valid today or



else, I don't deal with a Universal Law. Nature, the Universe, is not like Man; is not a subjective being; it doesn't change views three times a day! Universe is not Human Society; it does not change tax system and educational system every year!

Furthermore, any law that has effect in Treatment must be a sub-law of a general Universal Law. Any law of a lower and partial level must be a sub-law of a general Universal Law that has general and timeless validity.

How many such sub-laws are respected and followed by Homeopathy and how many by Allopathy? I claim that Homeopathy does follow such Medical Laws that are sub-laws of the more general Natural Laws and in turn of the most general Universal Laws while Allopathy does not. That's the reason why I consider Homeopathy to be scientific. And that's the reason that I choose to practice it to my patients;

Furthermore, there is another reason which for me is more important. I choose Homeopathy because after 25 years of application it has convinced me that it has better therapeutic results than Allopathy. There is an old saying in Greece: "Black cat, white cat; if it catches mice it's good". You see, result is what counts!

So let's see which are Medical Laws of Homeopathy and to what Universal Laws are sub-laws. On my blackboard I will draw two columns; one for Homeopathic Laws and one for Universal Laws. We will do a little game. Sometimes we will write down a Homeopathic Law and then try to find out from what Universal Law it originates and other times we will write down a Universal Law and see to what Homeopathic Law it leads us. Speak out then and tell me some laws!

### 3.15 Universal Law of Unity and Diversity

-All things are connected to each other; that is, if something happens on one planet or in one solar system this will have an impact on other planets and systems.

-Let's talk about this but before we do that let's talk about talking! You see the Greek word for talking is "sizito". It is a complex word combining the word "sin" and the word "zito"; when put together they mean "try to find something together with other people". There is a word with similar meaning in English if I am not mistaken; it's the word consider which means "see the several sides of a matter together with others".

What a great meaning! I don't just say to others my own, personal and standard opinion. I try to find, together with others, the real truth about something! The first one tends to be an egoistic and subjective action while the second one is a team action; a free and honest search for objective truth. That's what I want us today to do; and that is the spirit of holistic thinking.

So let us con-sider the matter with our co-worker and co-searcher who has already expressed her opinion. She said that all things in Universe are connected together. And I say that the same thing happens in a human being. We are not just machines that have several parts, one separate from the other. Even in machines, in today's advanced machines, for example in a car, most parts affect tremendously one another. Most parts are connected functionally and electronically together so many times part affects the whole.

Isn't such a principle obvious concerning a live psychosomatic human being? Even materialistic Allopathic Medicine views Man as a material Organism consisting of organic systems, organs, tissues and cells that tend to a harmonious and wise cooperation as a whole. So the first

Universal Law that we will refer today is *Universal Law of Unity and Diversity*. This law tells us that despite the tremendous diversity we observe in us and around us all these “parts” are connected together and origin from the One and Only, from the Creator, no matter how we name him, either God, Nature, Universe, Supreme Being etc.

### **3.16 Homeopathic Law of Whole in Diagnosis and Treatment**

From this Universal Law of Unity comes the sub-law of Homeopathy called *Law of Whole*. This homeopathic law tells us that Man is a psychosomatic whole; that is, his soul, his psyche, affects the body and vice versa and each organ and organic system affects the whole of the organism.

Is this something theoretical without any practical application in diagnosis and treatment? Of course not! Whenever we examine a patient or treat an illness, this law does not permit us to see things separately. When a patient with gastric ulcer comes to me, the homeopathic doctor, I will not focus only on the organ (stomach) or only on the illness (gastritis). I will mainly focus on superior and primary things, that is, I will focus on the recent trouble or misfortune he had, on his gastric predisposition, on his recent low general energy state, on his unhealthy diet and smoking and finally, on his idiosyncrasy that affects the way he sees and interprets all things. This is the true holistic way of diagnosis and not just diagnosis of his material illness called gastritis.

Then, after holistic diagnosis, it's time for holistic treatment. If I give him a chemical drug for his stomach do you think that this is a holistic treatment? Isn't it obvious that such an action is a partial and lower action compared to a holistic approach? I think it is! But, Allopathic Medicine does not think so and does not act in a holistic way; most of the times it merely suppresses symptoms or acute illnesses; it does not cure deeper causes; it merely deals with *some* of the results of general Disease.

If I aim to act holistically I must prescribe a treatment that affects the whole; something that will act on energy level and through that level, balance his psychological condition. At the same time this energy action will go down to physical mechanisms and thus balance his stomach. If my treatment lasts for some time then I may be able to lessen his peptic predisposition and at the same time balance extreme characteristics of his Idiosyncrasy.

Because if he has the tendency to eat hasty without chewing enough and is anxious all the time (idiosyncratic characteristics), then he will keep irritating his stomach function. All these actions can be carried out by homeopathic medicines. Complementary actions could be a healthier diet and healthier conditions of living or some vitamins and herbs if needed.

### **3.17 Etiology of Diseases and Law of Whole**

Allopathic chemical medicines act partially and temporary and fail to eradicate causes of Disease. Someone could say: “The way you have put it, things seem so obvious. But how is it possible that so many bright allopathic doctors, so many years, could not have seen it?”

The answer to this reasonable question is that when your theory about Man is that he is just a material Organism, that is, just a total of partial organs, then it is expected that your diagnosis will be: “I have a suffering organ, I have gastritis”. Accordingly, your treatment will be: “I will prescribe a material drug for gastritis”. You must also realize that this is the profound reason why Allopathy always has side effects. For example a chemical drug has a *main effect* on stomach but entering the organism it acts also on other organs and tissues, that is, it has many other *side effects* for instance to the blood, liver or kidneys.

Furthermore, when we talk about Etiology of Diseases, Causes of Disease, it is wrong not to refer to psychosomatic whole. When we say

that “etiology of this disease is only this factor”, then we are violating Homeopathic or Medical Law of the Whole. If we open any Textbook of Pathology, as a rule, we will often find as etiology of an illness one partial cause. Other times, there will be more than one cause; furthermore, most times it will refer only to material causes.

Many other times, *the pathological mechanism* that leads to symptoms is falsely defined as *cause*. Let me give you an example: “What’s the cause of Diabetes?”

-Sweet food.

-That’s not the cause! That’s only an *irritating factor*. Someone may eat sweets by the dozen all his life and may never develop diabetes.

-Hereditary factors?

-Yes, this is one cause, but it is not all the etiological chain that leads to diabetes; important factor but only one factor. Anything else?

-...

-If you bother to consult a Textbook of Internal Medicine, then you will read that “etiology of Diabetes is hypo-function of certain cells of pancreas”. But this is not etiology; this is just the pathological mechanism. First we have a long line of causes, hierarchically acting from up to down and then all this chain of causes leads to the activation of the pathological mechanism and in turn, symptoms and findings arise. When we speak about Etiology we must refer to the complete Etiological Chain that have acted on this certain person, at this certain moment and drove him to signs, symptoms and pathological findings.

For instance, if we go back to the example of John who developed gastritis and try to define Etiology then we must refer to all causative factors i.e heredity, idiosyncrasy, predisposition, low or blocked etheric

energy, troubles and anxious way of living, unhealthy nutrition etc. For each different person, each factor plays a different role.

As a conclusion, whenever we talk about etiology of an illness we must never refer only to partial factors. We must always refer to the total *Etiological Chain* that acted on all levels of a certain person, that is, on Psychological Level, Etheric Level and finally Material. Man is a holistic entity; so is his etiology concerning Disease and so must be his treatment.

### **3.18 Homeopathic Law of Whole and Structure of Man**

Voltaire, the French philosopher, once said about doctors and Allopathic Medicine of his time: “Doctors prescribe medicines for which they know little, for illnesses that they know less, for Man that they know nothing!” What a brilliant way to put it! Unfortunately, this is also true for today’s Allopathic System of Medicine. Even today, across any allopathic medical course spread more than ten whole years, counting thousands of pages, there is nowhere even one page of reference on *what Man is*! They even refuse to deal with this subject considering it “Philosophy” or “irrelevant” or “non scientific”. Isn’t it obvious that in order to cure Man we first have to know what Man is?

If you ask any allopathic doctor this question he will probably stare at you and say in a “scientific” tone of speech: “In Medical Science we study only what can be studied and observed in laboratory or in clinical practice by diagnostic equipments, that is, the Material Body, the Organism”. To me, this is ostrich-like Science: “we know there is something more than body but we dig our head in the sand and avoid examining it”. It is as if you want to know how a refrigerator works without dealing with the nature of Electricity.

If we unplug a fridge and give it to a semi-wild inhabitant of Africa who has never seen such an appliance before, then he will stare at it in obvious

curiosity and say to himself: “What on Earth is this thing?” He will look at it from all sides, open it, kick it, try to chew it, scratch his head and then say: “What a nice store!”

Why does he say such a thing? Because the only thing he sees is the material body of the fridge. He knows nothing about the energy “body”, the energy function of the appliance. Without knowledge of the energy level of this “thing” we cannot understand it and further more we cannot use it properly, that is, according to the designer’s original purpose. Can we fix it, “cure” it, if it malfunctions? No! Nil! Zero!

If this is true, understandable and meaningful for an electrical appliance isn’t it also true for a complex psychosomatic being like Man? So we have to respect Homeopathic Law of Whole when trying to understand Man and moreover when trying to cure him. That’s the reason why homeopathic doctors, during case taking, examine all aspects of a human being: idiosyncrasy, heredity, psychology, habits, stressful events, way of life, family relations, personal affairs etc.

Accordingly, when it comes to treatment, apart from homeopathic medicine that acts on the whole, we also try to inspire our patient to turn to a more healthy and natural way of living and facing facts of life.

### **3.19 Homeopathic Law of Individualization**

Now let us talk about other Homeopathic Laws. Let us examine *Homeopathic Law of Individualization*. It could be expressed so plainly: “Always individualize: Every person is a different and unique person; a special case; an individual case”. Why is every case, a special diagnostic and therapeutic case? Because we have to do with a special Man; an individual. He differs from other people concerning his hereditary history, idiosyncrasy, family, job, way of life, predispositions etc.

In homeopathic prescribing I may have one hundred patients with gastritis and may finally prescribe up to one hundred different medicines. Each patient is treated with his own medicine; the one that matches his idiosyncrasy; the “similar” to this specific phase of his life. Of course, in every day clinical practice, for these one hundred patients may be used about twenty to thirty different medicines because many of them happen to be affected by the same idiosyncrasy.

Furthermore, if I am called to prescribe for a person suffering from five different illnesses, that is, a skin affection, a hormonal problem, a gastric illness, an allergy and a depression, then I will prescribe only one medicine, the similar one to his whole psychosomatic picture; because this is the proper one that can act on the whole, activating all psychological and physical therapeutic mechanisms. These mechanisms in turn, will affect in a positive and balancing way all his systems, all his organs, all his tissues and even all his cells.

I gave you a small pamphlet about Homeopathy on entering this lecture hall. Don’t think, even for a minute, that what I say about Homeopathy are just theories or ungrounded stuff. Everything I say is based on Homeopathic Laws and all these laws in turn are based on Universal Laws.

You may sometimes hear allopathic doctors say: “Yes, we must try to cure the person and not just focus on his illnesses”, but this is just words! In everyday practice they just focus on the illnesses and not on the Man; Be careful, please! I certainly don’t imply that they have bad intentions or they wouldn’t like to do such a thing. It’s their training, their medicines and their techniques that are focused towards illnesses and illnesses only.

That is the reason why in the end, “they see the illness and ignore the patient and Man”. Due to emphasis on specialization, “they see the tree and ignore the forest”. When allopathic doctors discuss a case in a



hospital they don't say "Mr. Brown"; instead they say "a case of gastritis in bed 345". They got used to meet a patient, a Man and the only thing they focus on is the organ and the illness of the organ.

Unfortunately, Western Medicine, that is, today's Allopathic Therapeutic System, has "chopped" Man into three pieces; Psyche (Conscious Psyche), Mind (Intellectual Psyche) and Body. It gave Psyche to priests, Mind to psychologists and kept only the Body for itself. Furthermore, it chopped Body to numerous pieces; Psychiatrists took the brain, cardiologists the heart, dermatologists the skin etc.

Emphasis on specialization took things even further; we have doctors of internal medicine specialized only on gastrointestinal system, then some of them are specialized only on liver; then some of them are even more specialized on hepatitis B and so on. We focus on organs and cells and lose the whole, that is, Man as a psychosomatic being; we ignore the individual and his relations with other men; we ignore the individual and his relations with Nature and God.

### **3.20 Homeopathic Law of Minimum Dose**

Let's proceed to another homeopathic law, *Law of Minimum Dose*. Homeopathic medicines are prepared from raw materials that are over-diluted. We are talking about doses of a level 1 divided by 1 multiplied by 100, raised to the power of 1000. To be more precise we have as numerator number 1 and as multiplier 1 multiplied by 100 raised to the power of 1000.

What does this actually mean? It means that we dilute one part of the raw material to 99 parts of distilled water or pure ethyl alcohol and we repeat this procedure a thousand times! That is a dilution of two thousand zeros! It is a tremendous grade of dilution.

If the only thing we did was dilution over and over again, then after a certain point, according to Avogadro Theory, the homeopathic remedy produced could not have any action at all. That's because after a certain level of dilution, according to law of probability, the final dilution would have not even one molecule of the original raw material (either plant or mineral). We would simply have pure solvent, that is, distilled water or pure ethyl alcohol. But in homeopathic preparation every time I dilute I also "strike" the dilution, that is, I put it in a test tube and strike it to an immovable obstacle with certain strength, frequency and duration.

According to scientific researches this striking procedure raises the kinetic energy of the molecules of the solvent thus creating polymeric chains consisting of free Hydrogen bonds. These polymeric chains form a cast, a mould, of the molecules of the original raw material. During this procedure these casts are reproduced and through them the properties of the molecules of the raw material are replicated and exist in the final dilution, the homeopathic medicine, even if there exists in it not one molecule of the original dissolved substance.

I don't want to confuse you, tire you or bore you with scientific stuff. That's for scientists to argue and pass their time semi-happy, semi-misery. The important thing is that, through this procedure of combined successive dilution and striking called "potentization", the original material dilution becomes an energy homeopathic medicine. We prepare energy medicines because we consider Disease as a primarily energy imbalance and according to *Law of Similar* you have to treat an energy imbalance with similar in nature energy medicines.

### **3.21 Homeopathic Law of Similar**

Let's examine this Law of Similar thoroughly. How was it discovered? Hahnemann, the founder of Homeopathy, being a religious man contrary to materialistic doctors of his time, must have thought: "God permits the existence of Disease due to our weaknesses and faults but being full of love must also have given us the therapeutic means to overcome it. It is

not possible for a psychosomatic being like Man to become ill from a germ. If germs were the only or main cause of Disease then why a person develops pneumonia and all others in his family do not?

Since Man is a psychosomatic being, that is, not only a material being but also an immaterial energy being, then his balance and imbalance has to do also with his energy level of existence which I call Vital Force or Life Energy. Since Energy compared to Matter is hierarchically superior then Man must first and primarily become imbalanced on energy level and then this imbalance will proceed to the lower material level, to the body. It's Life Energy first that is diseased and then Material Body.

So if I want to cure I must first treat the primal level and then the lower. The advantage of such a treatment is that I will achieve deeper results. Another advantage is that I will have the chance to act preventively either by strengthening the Life Energy before its imbalance or by balancing it at the very early stages of imbalance before this proceeds to the body”.

So you see, Law of Similar clears things and makes them so bright and simple. If you act with material medicines you can only act on matter, that is, on the body. If you act with energy medicines then you act on an energy level, on Life Energy. I can't act on Life Energy with material medicines; I have to act on it by similar means; by energy medicines.

Things are so simple and clear that it is a pity that today's allopathic psychiatrists act only on a material level, on the brain, to cure immaterial illnesses like mental illnesses. I really have an aversion to use the word mental to describe something that should be called psychic or psychological illnesses. We have to realize that Mind (Intellectual Psyche) is only a part of Psyche and of course it is not identical to the brain. Brain is only the material organ of the immaterial Psyche and serves as its link to Material World.

I have the same problem when I have to use the term Psychiatry. If today's Psychiatry was the Medicine of Psyche - as the Greek term adopted by English language implies - then I wouldn't have any problem using this term. But does today's Psychiatry treat and heal Psyche? Does it treat the Soul? No! Most of the psychiatrists treat the brain, that is, the body.

Any doctor giving chemical drugs affecting the function of the brain should be called neurologist or brain doctor but never psychiatrist. Only doctors or psychologists that practice any kind of psychotherapy should be called psychiatrists because they try to heal Psyche. They try to balance our thinking and our emotions. Medicine of the Psyche is also practiced by any priest, guru, saint, wise consultant or even friend that tries to clear things inside our thoughts, emotions and Conscience. You see how confused we are in our minds and what a great confusion exists in the usual terms we employ in our everyday life?

From what said, one must not come to the conclusion that we cannot use material medicines to treat Disease. Of course we can. But when using them we must be aware all times that we are simply acting on a lower level, on the body. Our treatment will be complete and deeper if we always act simultaneously on an energy level, on Life Energy; we can do that with Homeopathy, Acupuncture, Osteopathy and so many other Energy Therapeutic Systems.

### **3.22 Homeopathic Law of Hierarchy**

According to Homeopathic Law of Whole, Man is a psychosomatic being. If we want to be more specific, he is consisting from above downwards, from Individual Spirit, Individual Psyche, Etheric Body and Material Body. Furthermore, his Material Body, from above downwards consists of Nervous System, Hormonal System, Cardiovascular, Viscera, Bones, Muscular System and Skin.

As you can see there is a line of hierarchy in the structure and function of Man. And that is another homeopathic law; the *Law of Hierarchy*. In simple words it says to homeopathic physicians: “Doctor, you will examine all parts of Man but you must always bear in mind that there is a line of hierarchy among levels and sub-levels, among structures and functions, among imbalances and so on. So you must discriminate and take in consideration this hierarchy and act accordingly”.

### **3.23 Homeopathic Law of Disease Suppression**

Didn't I tell you that Homeopathy acts according to laws? Let's see another one: *Law of Disease Suppression*; it says: “any medical action that violates laws of treatment may suppress Disease and push it deeper concerning the economy of Man, thus deteriorating his state of Health”.

Let me give you a common example. If you have a child with eczema and you keep suppressing and suppressing this external illness by cortisone treatment (immune suppressing hormone) you may force the organism to retreat and continue the battle in a more internal and more vital level; that is, the eczema will disappear but the general Disease will deteriorate and take the form of allergic rhinitis or asthma.

You've suppressed local illness but Disease deteriorated and moved to a more internal and important organ and system and now it is harder to cure it and eradicate Disease. You see there is only one way to do things in Nature and it is profoundly the natural way. Any other way that violates Medical Laws that originate from Universal Laws, has side effects and no happy end. We know that from our effects on natural environment that has ended nowadays in a major ecological imbalance.

Another example: if you suppress gonorrhea by strong antibiotics you may end creating arthritis and if you suppress furthermore by cortisone

you may create a heart problem. You see according to Law of Unity, Man is a whole and its parts are connected to each other; and according to Law of Hierarchy affect each other according to their place in the line of Hierarchy.

There is a tremendous wisdom in us, humans, placed there by the Creator. It's our Vital Force, that is, our Etheric Body. It organizes our defense hierarchically just like a State organizes its defense against enemies. For example if another country invades our borders in Greece, our first line of defense is Evros, then the second line of defense is Thessaloniki, the third is Larisa, the fourth Lamia and the last one Athens. Our frontiers is skin, Thessaloniki is muscles and bones, Larisa the viscera, Lamia the nervous system and Athens of course is our Psyche, our heart and soul!

Any country's defense effort is to keep external threat and imbalance as far away as possible from its center, as far away as possible from its vital organs and systems. The more we suppress an external conflict the more we weaken our defense and the more we push it towards our center. If you refuse to fight at the borders you will end fighting at the center where you are more vulnerable and sensitive.

We've talked about some of the Homeopathic Laws; there are much more. But my aim is not to turn all of you into homeopathic doctors; my aim, as I told you many times before, is to show you that Homeopathy is indeed scientific because it is based on Medical Laws and these laws, in turn, are based on Universal Laws. Another aim of mine, the most important, is to help you develop holistic way of thinking; and that's what we are doing this very minute: holistic way of thinking is thinking according to Universal Laws! Let's examine now these laws that govern Universe.

### 3.24 The Pyramid of the Worlds of Universe

I will draw a diagram on the blackboard... finally, I managed to do it. What is it? It's a pyramid. Let's consider it as a Whole that represents Universe. On the top end of the pyramid I place the Creator, God, Universe, Mother Nature, Supreme Being... call it anyway you like, any way it pleases you; it doesn't change anything from what I am going to tell you.

We may believe in the Christian God, we may be Muslims or Buddhists or even atheists; it doesn't matter. We all believe in something that created and governs Universe. Our beliefs may change the way we are related to that Supreme Being but it does not matter when we examine the Structure and function of Universe.

Just below the Creator there is a level that I will call *Spiritual World*; it's what the Christians, Jews and Muslims call Paradise; it's what Ancient Greeks called "The Land of the Blessed". Then at a next lower level I will place *Psychic World*, after that *Etheric World*, *Lower Energy World* and finally *Material World*.

### 3.25 Energy-Material World

We will start examining these Worlds or Levels from down to up, since lower levels are more familiar to our mind and senses. I don't think there is much to argue or discuss about the Material World; we all know it well enough and accept what Science tells us about it without important differences in opinion.

Let's go to Lower Energy World. We must always bear in mind that these two Worlds are but a united whole and cannot be examined apart; they consist the Energy-Material World. Today such a declaration is obvious and generally accepted but before only one hundred years ago this was not granted, not only for people but also for scientists.

Today we all accept that Matter and Energy are the same thing expressed into two different forms and it is more precise to say that Matter is condensed Energy. Energy is transformed into Matter and Matter into Energy. There are many forms of energies, lower and higher: mechanic, kinetic, heat, sound, electromagnetism etc.

All these forms can be transformed one to another. For example a common lamp is simply a device transforming electricity into light and heat; an electrical generator transforms chemical energy of gasoline into electrical energy. Since all forms of energy can be transformed one to another it is expected to come to the conclusion that there exists a higher in nature, “Mother” Energy, from which all other forms originate.

### **3.26 Etheric World and human Etheric Body**

This primal Energy was called at times Cosmic Energy or Universal Energy or Etheric Energy and is but the main substance of the Etheric World in the same way that Material World consists of Matter. This Etheric Energy is the reason for the existence of life and that is the reason why Hahnemann called it Live Energy or Vital Force. It exists in any living organism during all his life and departs after death. We could speak of an Etheric Body as part of Man in the same way we speak of a Material Body and Lower Energy Body.

This Etheric Body like the Lower Energy Body (sound, electricity, etc), is not visible. Although not traceable by our five senses it can be detected indirectly in the same way that we detect lower forms of energy like electricity and sound, through their physical or chemical properties by the aid of scientific devices.

For example we don't see electricity but whenever we get an electric shock we are definitely sure of its existence! (laughing) Accordingly we



may not be able to directly see our Etheric Body, our Human Aura, but are certain about its existence the moment we see its photo when photographed by the Kirlian method. Furthermore extensive research and observation made it possible to recognize specific changes of Aura during physical and psychological changes of a person either in health or in disease.

So you see there is in Man a Material Body in proportion of Material World, a Lower Energy Body in proportion of Lower Energy World and an Etheric Body in proportion of Etheric World. These “bodies” are placed in a certain hierarchical line according to Universal Law of Hierarchy. Hermes the Great said: “Like Up, like Down”, that is, lower levels are structured and function in a similar way like the upper levels from which they originate and to which they owe their existence.

### **3.27 “In the image of”**

Is it just a matter of expression, when many religions say that we are created *in the image of God* or *Universe*? The thing is, that today’s scientists confirm and support the idea that Man is made in the image of Universe, both as structure and function. That’s the reason why we call ourselves “children” of “Mother” Nature.

You can’t be someone’s child if you are not of the same nature. If your mother is a human being then you are human, if your mother is a dog then you are a puppy and if your mother is a chestnut tree then you are a chestnut tree. You see how simple Universal Laws are? Don’t seek for complex mathematical equations when thinking of a Universal Law; Truth is simple in its nature!

Since we are children of Mother Nature our Material Body comes from Material World, our Lower Energy Body from Energy World and our Etheric Body from Energy World. Accordingly our Individual Psyche

comes from Psychic World and our Individual Spirit from Spiritual World.

We take materials from Material World to form our Material Body. We borrow energies from Lower Energy World to form our Energy Body. We exchange etheric energy with Etheric World to have our Etheric Body. Our Psyche originates from Psychic World and these two, “child” and “mother”, exchange psychic material (thoughts and emotions) among them. Accordingly our Individual Spirit is in constant communication and exchange with Spiritual World.

Nothing is created from zero and nothing returns to zero. That’s a Universal Law that we’ve fully confirmed scientifically at least as concerning lower levels like Matter and Lower Energy. After death, our “earthly” Material Body returns back to Earth. Let me remind you of the Christian saying “ashes to ashes and dust to dust”. In proportion our Lower Energy Body returns to Lower Energy World and our Etheric Body to Etheric World. Accordingly our Psyche departs for the chambers of the Psychic World and our Spirit returns to Spiritual World.

### **3.28 Universal Law of Unity and Diversity**

In the same way that our structure and materials come from Mother Nature or Universe, in the same way Homeopathic Laws or Medical Laws in general, come from Universal Laws. They are their “children” and are “in the image of” Universal Laws.

Homeopathic Law of the Whole comes from Universal Law of Unity and Diversity. Besides, what does Universe mean apart from the unity of all versions, of all forms, of everything, of the Whole? There is nothing outside God and Creation; all things in Creation are connected to each other because all things and levels originate from the things and levels above them in the form of a hierarchical chain or pyramid.

So whatever happens to Spiritual World affects Psychic World and in turn Etheric and Energy-Material. Whatever happens in Universe and Nature and Earth affects us, human beings. Whatever happens to Society affects citizens. Whatever happens to family affects relatives.

As we go up the hierarchical pyramid, things tend to unite to the “One and Only” and as we go down, things tend to divide into a numerous diversity. We are all members of the Human Family but each one of us differs from the others and is unique. All plants are members of the Plant Family but they are so numerous and so different and unique. The same stands for the Animal Kingdom or the Mineral Kingdom. Any form, function or law in Earth is in the image of the forms, functions and laws of Universe. Unity and diversity that we discover on Earth or in the Human Being, reflects unity and diversity of Universe.

### **3.29 Universal Law of Minimum Consumption of Energy**

How about Homeopathic Law of Minimum Dose? From what Universal Law does it originate? I say that it originates from the *Universal Law of Minimum Consumption of Energy*. Anything that happens in Universe, either material or psychological, tends to happen with minimum consumption of energy.

If a stone falls down, it goes directly down; it does not make any zigzags. When water runs down a mountain it follows the quickest and straightest *possible* road. I emphasize on the word “possible” because when finding any obstacles it will go round but always from up to down.

So all things in Universe tend to happen with the minimum consumption of energy because Nature doesn’t like waste; it chooses always to have the best possible effect with the least possible action.

### **3.30 Universal Law of Hierarchy**

What about Homeopathic Law of Similar? From what Universal Law does it originate? Let's find out. This law tells us that we have to act in a similar way. For example when you deal with electric circuits you have to act with electricity; you cannot act with emotions. When you act on a plant, which is a living organism, you cannot treat it as a machine. When you try to fix a fridge you can't appeal to its good manners. Accordingly, you cannot shoot a ghost or a psyche.

If you are dealing with machines, with material things, you have to act by material means. If you are dealing with live organisms you have to act by live means. If you are dealing with energy level you have to act by energy means. If all the above seem to you logic and obvious why act on a human being, who is a psychic-etheric-energy-material being only by material means?

Homeopathy says that if Disease originates primarily from the Etheric Level and then goes down to Material Level, then doctors should not only administer material medicines but also and mainly etheric medicines; and that's what homeopathic medicines are. This homeopathic Law of Similar has to do with the Universal Law of Hierarchy that tells us that there are many different hierarchical levels and each one has to be treated accordingly.

## **CHAPTER 4**

### **CONVERSATION WITH THE AUDIENCE**

- 4.1 Can Homeopathy help in acute illnesses?**
- 4.2 Fanaticism of doctors harms patients**
- 4.3 We are floating in Energy World and yet we are not aware of it!**
- 4.4 The illusive World of Matter and Form**
- 4.5 Ether is but the primal, original Energy giving birth to all others**
- 4.6 Potentization: how a material substance becomes an energy homeopathic medicine**
- 4.7 Final result is what counts**
- 4.8 Homeopathy doesn't act through self suggestion (placebo effect)**
- 4.9 When does someone on homeopathic treatment start seeing results?**
- 4.10 We live under extremely adverse conditions and things seem to get worse all the time**
- 4.11 We administer each time the remedy most similar to patient's idiosyncrasy**
- 4.12 Who is preparing homeopathic medicines?**
- 4.13 Homeopathy and bad habits**
- 4.14 Anything unnatural causes lack of saturation and leads to passion**
- 4.15 There's a drop of wisdom inside all of us but we rarely listen to it**
- 4.16 Self regulation: "Whenever you are hungry you must eat..."**

I think it's time to stop presentation and start conversation. Any questions, opinions and disagreements are welcomed. So please, shoot it...

#### **4.1 Can Homeopathy help in acute illnesses?**

-I have the impression that Homeopathy has good results in prevention. For example if I have a problem with my stomach and this tends to create an ulcer then by giving homeopathic medicines I will prevent the ulcer. But in acute conditions, for instance in a cataract, how can Homeopathy help? In such a case you need Allopathy. You go to the eye surgeon and in fifteen minutes he fixes things.

I think that someone must not be fanatic and say: "I only give homeopathic medicines!" Especially when it comes to acute severe problems you need Allopathy. When you have an appendicitis that threatens to be complicated and produce peritonitis then you will definitely operate! It's a one way situation. If you delay, waiting for a homeopathic medicine to act, then you will die.

-Your opinion is partly correct. I do agree with you but some clarifications are needed. If I didn't agree with you I would act against to what I supported before in my lecture. I would violate the Law of Whole. I certainly don't deny that Man is also a material being. Since he is also an etheric body and a material body we have to act simultaneously on both levels. Why deny acting on the material body? Such a thing would be totally absurd. We would have been energy-fanatics if we wanted to act only on an energy level.

Especially when the disorder has moved too far down and has destroyed an organ or a tissue, we are indeed forced to act immediately and in a material way. Etheric Body of a person cannot bring back to structure and function, a material organ that has been destroyed or severely damaged.

There always exists a point called “beyond any treatment” or “non reversible damage”. Mechanics use a similar term when dealing with engines; they say: beyond any repair.

If I have to do with a severe case of cataract, then any homeopathic medicine, any energy medicine, even if it activates all therapeutic mechanisms of the body, it cannot return things to their previous normal condition. So when dealing with non reversible situations I must apply surgical solutions. But with Homeopathy I may, sometimes, stop the progress of a cataract especially at the early stages of the disorder. And this is true in many disorders that if left to progress must be treated surgically. At this point I must clarify that cataract isn't an acute illness.

Let me talk about acute illnesses, even about severe acute illnesses. We definitely can treat homeopathically such cases and you must know that in such cases our remedies do act acutely, that is, quickly. We can treat an appendicitis with homeopathic medicines in the same way we can do that with chemical drugs but it must be done in both cases at the hospital and in an emergency room. In both cases, it can be done up to a point. When intestine is ruptured then we must operate immediately.

So you see, Homeopathy is not opposed to surgery. That would be outrageous. We try to avoid surgery if possible and that is a good thing to do, either as homeopathic doctor or as allopathic doctor. But we certainly don't reject it. What is best for the patient must be the choice for the doctor, for any doctor. We should never risk the life of any patient. If I have to treat a patient with severe arrhythmia I must give anti-arrhythmic drugs together with homeopathic drugs. If I have a patient with allergic shock and his life is in danger why not use both cortisone and homeopathic remedies?

## **4.2 Fanaticism of doctors harms patients**

It's wrong to be fanatic, no matter if you are an allopathic doctor, a homeopathic doctor or an acupuncturist. Moreover, if you are a fanatic homeopathic doctor you are two times wrong. You are wrong according to common sense and you are wrong according to Homeopathic Laws you are supposed to follow.

There were - and unfortunately still are – some homeopathic doctors who say: “when treated with Homeopathy it is forbidden to take any other medicines” or “you must first stop any other medicine, especially chemical drugs and then come to me and be treated with Homeopathy”. This is, medically speaking, wrong. It's a bad heritage for Homeopathy and Medicine in general. It has left a mark into people's minds: that homeopathic doctors and allopathic doctors cannot cooperate.

The last 25 years, patients come to me with dozens of different chemical medicines. There are some drugs that you can stop immediately either because they are not needed or because they are not so important for the patients health. Don't forget that nowadays, excessive use of drugs is indeed a reality. But there are also some other chemical drugs, that shouldn't be stopped immediately and other drugs that should never be stopped.

As a rule, the patient is treated with both allopathic and homeopathic medicines as long as needed. When homeopathic treatment starts having good results and condition of the patient's health permits it, then we gradually minimize the dose of chemical drugs until complete stop, if possible. Homeopathic drugs act on energy level first and then on material level while allopathic drugs act only on material level. Of course, if an allopathic drug causes severe side effects to the patient then our homeopathic treatment as any other treatment finds obstacles because apart from natural illness the organism faces also a pharmaceutical illness, an artificial illness, a poisoning.



We must stop allopathic drugs gradually and in a safe way. That is, after we are sure that he is better and in condition not to need it. We must monitor his symptoms, his signs, his findings and his laboratory tests to be sure of his progress. Any other questions?

### **4.3 We are floating in Energy World and yet we are not aware of it!**

-What do you mean when you say energy medicines?

-You see, the problem is that we haven't yet learned how to think with energy awareness because we still think materialistically; this very minute the sound coming from the street is not material; it's a form of energy. The light surrounding us is energy. Inside of you, at this very minute, you've got chemical energy, electrical energy, etheric energy etc.

But you are not aware of all these because your Five Senses can only trace material things of the Material World; they can't trace anything that belongs to the Lower Energy World apart from very little things like the visible spectrum of electromagnetism (light) and the audible spectrum of sound frequencies.

This very minute, this certain room is bombed, literally, by energies from radio stations, TV stations, ultraviolet rays, x-rays, etc; there is an energy storm inside us and around us but we are not aware of it! So you see the strange thing and the question isn't what do I mean by energy medicines but why don't we take in consideration all this Energy World around us and moreover the Energy Etheric Body inside us. What's even more strange is why on Earth, are we so unwilling in Medicine to explore this energy field and make use of it in diagnosis and treatment. The main thing for me is that both, scientists and the public, must start thinking in a holistic way, that is, to analyze and consider all matters according to Universal Laws.

#### **4.4 The illusive World of Matter and Form**

Let me give you an example of holistic thinking: Let's examine the Material World we live in. There are so many different materials around us: soil, metals, glass, plastic, paper, liquids, gases etc. All these millions of different materials consist only of some thousands of chemical compounds. In turn all these compounds origin from about one hundred simple elements of the Periodic Table of Elements; that is hydrogen, oxygen, carbon, phosphor etc. Furthermore, these elements are but the result of the combination of only three basic subatomic particles, that is, protons, neutrons and electrons.

If these seem to you astonishing, then what can one say when we come to think that modern Physics has concluded that these three particles are nothing else but compensated energy! So you see all these different material forms are nothing but energy. What appears to be a well shaped and orientated form is but a visual illusion. This very blackboard you see in front of you which seems to be solid, well shaped and well oriented from the surrounding objects, is but a visual illusion; it consists of atoms which in turn consist of neutrons and protons at the center of the atom and electrons orbiting around the center.

If we compare the volume of this subatomic particles to the space between them we will be even more astonished because we will realize that there is a vast "empty" space among them; so vast that it can be compared to the "empty" space found among planets of our solar system!

If we could look at our solar system from a tremendous distance then at first glance we would speak about one solid and well shaped object; we wouldn't be able to distinguish sun, earth and other planets; we would consider them as one object. But if we had a powerful telescope that could show things from a closer look then we would realize that this solid one object is but a solar system consisting of planets in orbit with a

tremendous “empty” space between them. The seemingly solid form was but a visual illusion. Accordingly, the solid form of matter is but an illusion and the reason for this illusion is the shortness of our sight, the limitations of our five Senses.

So, you see, things are often the reverse from what they seem to be; Matter seems to be solid but it isn't! Energy seems not to exist but its existence is primal compared to the existence of Matter! What a deceitful World!

We live in the World of “Maya”, as eastern philosophers call Illusion. We live in a Natural World where “empty” space predominates and matter is the exception but we don't realize it! We see concrete matter and well oriented shapes and forms but most of the space that these forms occupy, are but “empty” space. So, you see that, after all, there is more illusion and less reality in Material World that we detect with our five senses than in the Energy World that we perceive with our minds.

#### **4.5 Ether is but the primal, original Energy giving birth to all others**

We have already said that in Material World all those numerous different materials and forms come only from a few subatomic particles. In turn, those few “material” particles are nothing else but concentrated energy.

Why shouldn't the same happen for the case of the many and different forms of lower energy like chemical energy, kinetic energy, heat, electricity etc? Why not consider all these forms of energy as lower secondary forms that all originate in the end, from one common, “mother”, primal Energy? A very strong argument in favor of this functional hypothesis is the well known fact that all these different forms of energy are transformed from one to another. So since there is a common base why not suspect that there is also a common origin?

At times, scientists and philosophers have suspected this fact and have given different names for the same thing. Wilhelm Reich named this primal Energy as Orgone. Acupuncture talks about CHI. Homeopathy names it, Vital Force. Ancient Greeks called it Ether. Eastern religions refer to it as Prana. Scientists like the Kirlian couple, called it Aura.

It does not matter at all, how we call it. The important thing is that it exists and underlies all known forms of lower energy. It exists, either we want it or not. It exists, believe it or not; it exists even if we don't know it or refuse to accept it. And the thing is, that it does not exist merely "somewhere else" in this vast Universe; It exists inside us and all around us, affecting the function of this Universe and most important all forms of Life and consequently our lives.

Let us call this primal Energy, for historical reasons, as Ether. This original Energy forms Etheric World outside our physical body and also the Etheric Body inside our physical body. It also appears that, it also radiates some centimeters around our material body.

Now let us return back to our original question and holistic line of thinking. When we realize that Man consists of Material Body, Lower Energy Body, Etheric Body, Psyche and Spirit, then we come to the conclusion that Disease is not only the imbalance of Material Body but the imbalance of the whole being. Then, so as to bring back to balance the whole we must act on the whole. So we have to act on our Etheric Body and the only way to do it is to apply energy therapeutic means, that is, energy medicines.

#### **4.6 Potentization: how a material substance becomes an energy homeopathic medicine**

That's why Homeopathy invented a procedure by which material raw substances become energy remedies. This pharmaceutical procedure was

named as Potentization from the word potential. It reveals, it unfolds all the potential pharmaceutical forces that exist inside the mineral or plant, not taken only as a material body but as a whole being, that is, both as material and etheric body. So, Potentization is the procedure of transforming the original dilution of a mineral or plant into an energy medicine through successive dilutions and percussions.

Let me make it simple. For example I use the mineral “Sodium chloride”, which is the common cooking salt. I dilute it into 99 cubic centimeters of distilled water or concentrated ethyl alcohol. Then I take one cubic centimeter of this original dilution and dilute it again into 99 cubic centimeters of distilled water or concentrated ethyl alcohol. I continue this procedure of dilution over and over again and each time I have the first, second, third dilution and so on.

It is very important to note that every time in between dilutions, there takes place another parallel action, that is, percussion. What do we do? We put the dilution into a test pipe and this is placed on the far end of a metal branch of a device called potentizator. This metal branch is forced to move suddenly and forcibly to the other side where it is obliged to stop suddenly.

It is a similar process like clapping our hands or when we strike a wall with a hammer or when we do percussion on a drum. Do not confuse this action of striking or percussion with vibration. A shaker is a vibrating machine, a massage device is a vibrating machine but a potentizator is a percussion or striking device.

Why do we do percussion? Because, every time the metal branch is forced to stop suddenly, all the kinetic energy of the molecules of the dilution is transferred to the free hydrogen bonds of the solvent. Let me remind you that we use as solvents in homeopathic preparations only distilled water and concentrated ethyl alcohol and this is not an accidental

selection. These two primal solvents have something in common. They have a lot of free hydrogen bonds. These bonds when activated by the energy of the percussion are combined together and form polymeric hydrogen chains. In turn, these chains stick all over the molecules of the diluted salt of sodium chloride thus creating a cast.

During the successive dilutions and percussions these casts seem to reproduce themselves and in the end, only casts emptied of the included salt molecule remain in the dilution. Due to the existence of these hydrogen casts in the final dilution there is a radical change concerning chemical and energy properties of the original dilution.

After the 23<sup>rd</sup> potentization, according to Avogadro Number, there should exist zero sodium chloride molecules in our dilution and consequently our dilution should be only water, only H<sub>2</sub>O; pure water. But in spite of this when we reach potentizations as the 30<sup>th</sup>, the 200<sup>th</sup>, the 1000<sup>th</sup>(1M) or the 10000<sup>th</sup>(10M) the final dilution or homeopathic remedy is not simply water and does not have the chemical and energy properties of water.

If it was only water then all those hundreds of different homeopathic remedies should be one and only, i.e. water. Instead, the final solution has the chemical and energy properties of the original sodium chloride salt as concerns quality but still differs on quantity.

This happens because hydrogen polymeric chains duplicate the three-dimensional molecule structure of sodium chloride. Thus, chemical properties like viscosity and dielectric constant of the final solution are those of the original diluted salt despite the zero presence of the originally diluted molecules. Accordingly, energy absorption spectrum of final solution (homeopathic medicine) is the same, but more condensed, with the energy absorption spectrum of sodium chloride.

#### **4.7 Final result is what counts**

I am aware that I have probably confused most of you by referring to scientific terms and experimental data but it was important to give you a scientific explanation about energy nature of homeopathic remedies. To be honest this is something that has great value for distrustful allopathic doctors and scientists.

As concerns me, although I am a scientist, I believe that scientific explanation is of secondary importance. What matters to me, as a practicing physician, is that homeopathic medicines do work; they have therapeutic results; they cure! That's what counts for me! Homeopathic medicines cure illnesses the last 25 years that I employ Homeopathy during my every day clinical practice. Moreover thousands of colleagues and numerous patients during the last 250 years of homeopathic practice worldwide, have the same beneficial experience.

As a philosopher said: "The proof for the existence of putting is that we eat it!" Moreover, as common wisdom says: "White cat... black cat... if it catches mice, it is a good cat!" or "results is what counts most!" So, the proof of the scientific nature of homeopathic remedies is their therapeutic results.

#### **4.8 Homeopathy doesn't act through self suggestion (placebo effect)**

Another argument, in favor of the energy nature of homeopathic medicines, is the fact that the patient is cured not only physically but also psychologically. In fact there are often more spectacular results in the psychology of the patient than physically. Moreover, final result of treatment does not change even when the patients do not trust Homeopathy or homeopathic doctor or are desperate about the outcome of any treatment.

They may even say: “What the heck! Let me try this also, even though I don’t believe in it; in the end I have nothing to lose since you tell me that it has no side effects”. This is also an argument against those who believe that Homeopathy acts through self suggestion, that is, through the well known “placebo effect”.

I have a different argument against allopathic doctors who have such attitudes. I tell them: “If I am such an efficient doctor to be able to examine you for half an hour only and when you come after one month’s treatment you come to me singing and joyful and finally after some months you are cured, then, why not practice it, yourself? What if it is a placebo effect or some strange magical technique? Does it matter? Shouldn’t you care more, as doctors, about therapeutic results rather than sophisticated scientific explanations?”

But, let’s be honest. The argument of self suggestion does not stand at all if we consider that we treat homeopathically infants and babies with very good results. Infants and babies haven’t got the least idea that they are treated. They simply don’t know it, but this fact does not influence results at all. In fact we have more spectacular results on infants and babies because their organism is less burdened physically than adults and their etheric body is more intact. They respond more quickly, are cured more quickly and in a more permanent way; and not only physically but also as concerns their behavior. This is in compliance with the energy nature of homeopathic medicines that act on the etheric body of the patient.

For example, a mother comes to me with a baby having eczema or recurrent colds. The baby is nasty, bad tempered, stubborn, irritable and restless. After one month, the mother comes to me surprised and worried: “Oh doctor... what on Earth have you given to my baby? His colds are ok now but he has changed; he is not the same irritable, stubborn old baby; have you given to him strong sedatives?”



It is not a matter of “sedative” action or to be more precise of repressive or inhibitory action on the chemistry of the brain. Chemical drugs do that; they don’t calm; they repress; they inhibit; they turn a man into a “plant”. That is the reason why such patients on chemical drugs are not permitted to drive a car. They fail to respond to external stimuli in a successful way. Instead, with homeopathic medicines, the patient not only becomes calm but is also more efficient mentally and more stable emotionally.

Another proof that homeopathic medicines don’t act by self suggestion is the fact that we treat successfully patients in a state of coma, or animals, which of course don’t have the ability to know that they are under treatment. In fact there is an entire branch of successful therapeutic field, that is, Veterinary Homeopathy.

-You said that you dilute the original substance into water or into ethyl alcohol; Is this the case for any original substance?

-Yes, that’s right. We usually use concentrated ethyl alcohol as a solvent. If we open a homeopathic capsule we only see a white powder which usually is lactose or sorbitol. This is not the active ingredient; it is merely the absorbing agent. We spray homeopathic medicine, which is in the form of an alcoholic dilution, over lactose powder and then enclose it into capsules so as to avoid evaporation. That is the reason why often homeopathic capsules smell like alcohol. But don’t worry; it is only a very small quantity of alcohol so your kids are not going to get drunk by Homeopathy... (laughter)

#### **4.9 When does someone on homeopathic treatment start seeing results?**

-How long shall we wait until results crop out so as to be certain that what we take is the correct medicine?

-It is not accidental that in homeopathic treatment we examine the patient every month, at least in the beginning. Clinical experience showed that one month's time is usually enough to have the first therapeutic results. Of course, that does not mean that we have to wait for a whole month so as to start feeling results. There are some fine cases that the patient may start feeling better only a few minutes after taking the first capsule and this is not due to self suggestion.

If it was a chemical drug, then we should expect results at least after ten or fifteen minutes, so as to have enough time for the drug to be absorbed and pass into blood circulation and thus to targeted organs and functions. But being an energy drug, homeopathic medicine is instantly absorbed by the Etheric Body and the balancing of the etheric energy may make him feel better psychologically in only a few minutes.

This balancing effect proceeds to lower levels such as the material level, physical body. If the mechanism of imbalance is functional, for example a pain that comes from spasm of the intestines, then in only a few minutes spasm goes away and the patient feels better. But when the imbalance is more chronic and there are organ and tissue destructions, then we may have to wait longer for the first beneficial results to come on.

For example, you can see psychological changes either in minutes or in days or weeks. In acute illnesses like allergic reactions, you may see changes after a few minutes or hours but in chronic allergies you may need days or weeks. In chronic degenerative illnesses, like osteoarthritis for example, beneficial results may appear after days or weeks or even after a few months.

So generally, according to the case, you start seeing changes after some hours or days or weeks but in order to reach a satisfying and many times permanent and radical level, you have to continue the treatment for about

4 to 10 months depending on the severity and chronic nature of the illness; sometimes more, sometimes less.

Never forget, that we are dealing with machines but with live human beings that are due to constant changes. Apart from that, Man is also a social being, so his condition and balance depends on many social factors like love relations, family conditions, work, sanitary conditions, cultural level, financial state, stressing factors etc. There are ups and downs, balances and imbalances that constantly change and this affects his state of health and disease.

#### **4.10 We live under extremely adverse conditions and things seem to get worse all the time**

Just think for a minute what we eat, what we breath and what we face psychologically every day of our life. You will realize that we live under extremely adverse and unnatural conditions. That is the reason why we are most of the time in a state of Disease rather than in a state of Health.

Frankly I am not surprised nowadays that we get sick all the time. I am surprised that we are not all in bed or dead! I do wonder about the stamina of our organism and of course I do wonder mostly on Creators patience concerning our actions! (laughter)

I must also confess that things have changed to the worse during my 25 years of clinical practice. In my early practice, although inexperienced, I had faster and better therapeutic results. Now that I am much more experienced I have less results. What is wrong with me? (laughter) I think that there is nothing wrong with me. It's a matter of conditions and this is confirmed by other colleagues also. Usually we get better and more experienced. The problem is that the patient's general state of health and balance is deteriorating due to conditions of life. Remedies are the same,

material and energy structure of human being are the same but individual organisms and their ability to fight disease are not the same.

The quality of our living deteriorates and as a result our Etheric Body and our material Defense Mechanism cannot cope up with the severity and intensity of stressful factors. A plant under dry environment planted in unfertile soil needs different watering than a plant in good conditions of humidity planted in fertile soil. And if this is true for a plant then how true is it for a human being.

-How often should we treat ourselves with Homeopathy?

-Nothing is fixed. You must ask your body and your psyche. Believe me, they know better than any doctor or all doctors and scientists of the World. Whenever anyone feels that psychologically or physically he is imbalanced then this is a good indication that he should attend a homeopathic doctor. Of course there are always those persons that visit a doctor for very slight symptoms or out of fear of illnesses; on the other hand there exist those who go to the doctor just before entering the emergency room; but still, the best criterion, is what your body and psyche tells you.

#### **4.11 We administer each time the remedy most similar to patient's idiosyncrasy**

-Let me ask you something about homeopathic medicines. Is there one medicine each time proper for each patient? Moreover, is each pharmacist able to prepare homeopathic medicine according to your instructions and suitable for that certain patient?

-That's a very nice question, so it needs a very nice answer. (laughter)  
When discussing any matter about Homeopathy it is a rule, it is a law, to

think and act according to Universal and Homeopathic Laws. I am going to make use of two such laws to answer your question. These two laws are Law of Simillimum and Law of Individualization.

These two laws tells us that in the same way that in Universe there are numerous materials that can be sorted out to certain countable groups, accordingly we can sort out the billions of different people to certain countable groups or types. If we want to be accurate and correct we should strongly define that it is not that we have different types of people but it is that there are *different types of idiosyncratic states* by which people are influenced at times.

You see, an individual Psyche, an individual human being, psychologically and physically as a whole, can be at times influenced by this or that idiosyncrasy more or less. We don't come in this world having one and only certain influence, live with it all our life and die with it. We tend to change, as a rule, during our earthly life and our Material Body, our Etheric Body and our Individual Psyche can be affected at times by different idiosyncratic states.

It is only our Individual Spirit, being perfect and God-like, that is not affected as nature by such lower states. All other lower bodies do change according to conditions, desires and goals. So, we will need a different remedy when we are in this idiosyncratic state than when in another state.

You may come to me, the homeopathic doctor, today and I may administer Phosphorus which is the idiosyncratic homeopathic remedy similar to your idiosyncratic state today; you may now have eczema, duodenum ulcer and phobias about your health and it is pretty possible that you will be cured. But then, after some years, due to severe stressful conditions, you may again come to me with gastritis and may say: "Oh doctor, please give me again Phosphorus as you gave me last time and was so good for my stomach".

It is not a rule for me to give you again Phosphorus, no matter how you insist. I will take the case again, from scratch and examine not only your stomach and your physical body but your psyche also. I must examine you, according to Homeopathic Laws, as a whole. If again, your whole being is affected by the idiosyncratic state of Phosphorus, then you will be treated with Phosphorus. If not, then I will administer the present Simillimum, that is, the homeopathic medicine that suits best the totality of your symptoms and state.

If you come to me with a new illness, for instance arthritis, then again I will not prescribe for arthritis but for your psychosomatic whole. So if you need Phosphorus you will again get it, if not, you will get something else that suits you best now, that is, you will get the Simillimum.

#### **4.12 Who is preparing homeopathic medicines?**

-Who is preparing homeopathic medicines?

-A few central homeopathic pharmacies import homeopathic remedies in the form of already potentized dilutions from European Homeopathic Pharmaceutical Companies. These central pharmacies spray the dilutions over lactose or sorbitol powder and then enclose the powder into capsules which they deliver to all other peripheral pharmacies. So you see, in Greece, we don't produce homeopathic medicines. We do packing and delivery.

So, whenever a patient asks me: "Doctor, what pharmacy prepares good medicines, to go to?" I say: "You can go to anyone you please; there is no difference". You should also know that there is no motive for Homeopathic Pharmaceutical Companies to use less raw materials for the preparation of homeopathic medicines, because raw materials are very cheap. What really costs is the procedure of preparation, that is,

successive dilution and percussion. That's the reason why all different kinds of homeopathic medicines of a certain potentization, have the same price. It is the procedure that costs and not the raw materials.

-Can we buy homeopathic medicines from any pharmacy?

-No, they don't all have a homeopathic stock; but still there are plenty, at least here in Athens that sell homeopathic medicines.

-Apart from capsules and pills, are there any other forms of homeopathic medicines?

-No, only capsules and pills.

#### **4.13 Homeopathy and bad habits**

-Does Homeopathy cure smoking?

-Anything that becomes bad habit and passion like smoking, drinking, drugs etc. cannot be cured merely by a homeopathic medicine or by any kind of medicine. There are no magical pills; we must realize this even if it hurts! Homeopathic medicines can strengthen the individual psychologically and physically. They can even help regulate metabolism but if there is no push and real effort from the individual he cannot overcome any bad habit. We must be honest as doctors towards our patients and as patients towards ourselves. I usually say to my patients joking: "the only way to quit smoking is to quit it!"

-It's so easy to quit it! But you see, the problem is that it keeps coming back! (laughter)

-You are so right! It keeps coming back because there are deeper causes that lead us to such unnatural habits and passions. You can see that clearly when it comes to gluttony. Whenever we are stressed or bored or troubled we go to the fridge and empty it. It reminds me of a commercial about a certain fridge that says: “French want variety from their fridge, German people want credibility and Greeks keep opening its door because they don’t know what they want!” (laughter)

#### **4.14 Anything unnatural causes lack of saturation and leads to passion**

-I think that life without passions is not worthy. I mean positive passions, of course.

-Let us say a few important things about passions. What is passion and how it can be created? In order to help you I will say a few things.

Have you ever seen anyone having a passion for orange juice? How many glasses can he drink? One, one and a half top; but when it comes to cola drinks he may drink one liter and more in a few minutes. Have you ever seen anyone suffering from passion about honey? He cannot eat more than one or two spoonfuls, no matter how much he likes that taste; but when it comes to sugar or sugar syrup he may eat half a kilo and more at once. Have you ever seen anyone eating more than one or two the most, slices of whole wheat bread? But he can eat a whole loaf of white bread.

Why is there such a difference? Because anything natural and unrefined gives our organism all that it needs, on the part of nutritional ingredients and etheric energy; this causes complete saturation and thus no passion. On the other hand anything unnatural and chemically refined causes lack of saturation and subsequently establishes passion. This fact stands bold in many fields, like nutrition, exercise, sexual function etc.



For example those who have a functional and integrated sexual and emotional relation, feel complete, enjoy sex and have no passion concerning sex. That does not mean that they may at times have their ups and downs on the field but, in general, they are satisfied and balanced sexually. On the other hand, men that call themselves “sex machines” and nymphomaniac women are as a rule, individuals that receive inferior satisfaction from their relations and so keep on trying this and that, so as to please their never ending sexual hunger.

So you see, a state of passion is established whenever there is inferior or unnatural satisfaction and thus no saturation. If what I eat is complete, natural and unrefined, then it covers my needs concerning material ingredients, taste and etheric energy. To put it in a simple way, I have an “orgasm” concerning taste, another one concerning nutrition and another one on the etheric energy level! So why not be satisfied and complete!

If you buy a tomato organically grown and it’s fresh, then you find out that it smells nice, it has a delicious taste and is full of vitamins and etheric energy. Does that, has anything to do, with those “plastic” things we eat today that are called tomatoes and have one size, one neutral taste, no smell and no vitamins? They may be good to see but are not good to eat. Such “plastic” food does not cover our needs materially and on the energy field.

You must understand that there are two main ways of receiving etheric energy: breathing and food. When I eat a naturally produced honey then I satisfy my taste, my nutritional needs and I also receive etheric energy. That’s the reason why I am fond of that honey but I never become obsessed about it or establish a passion for it, eating all the time great quantities. On the other hand, any food or activity that is not natural does not satisfy us as a whole and may drive us to passion.

-I was hoping that I could find a solution about smoking and that, things could not have been so bad...

-I am sorry but I must tell you the truth, no matter how hard it is. Smoking is a passion because it is unnatural and so needs personal effort to quit it. Have you ever seen anyone rushing to the mountain, full of passion, just to “smoke” fresh air? Many of us enjoy fresh air but it does not become an obsession. If there was fresh air in a cigarette we may have smoked one or two but never 20 or 40 a day.

#### **4.15 There's a drop of wisdom inside all of us but we rarely listen to it**

-What about milk and dairy products?

-The main goal of these lectures isn't to give you certain knowledge on several fields. My effort is to show you how can one deal with several subjects by thinking in a holistic way; how can one develop holistic thinking. Because, when you achieve this, you can give answers to many questions and these answers will be closer to Nature and Truth. It is very important that our thought be guided by Universal Laws.

For example if we invite, here and now, the top 100 doctors that are specialized in nutrition and ask them the same question, then it is more than probable, that you will hear at least 10 different and many times opposing opinions. Furthermore, say that in the end, they do reach an agreement. If we ask them to make a diet plan for one month for a certain individual it is more than certain that this plan will never be able to follow satisfactorily his needs concerning taste, nutrition and etheric energy. The reason is that they don't bother to follow Universal Laws; they follow human laws, human knowledge, but you see, human knowledge is imperfect.

I try and I am not always successful, to follow Universal Laws in my every day clinical practice and during any thinking procedure. Let us try, here and now, examine this certain question about milk and dairy products with the help of Universal Laws. I ask myself: “What is milk? Is it a juice? Is it a kind of tea?” The answer is: “It is a secretion of the breast glands of a cow prepared by Nature especially for her children and only for the first months of their lives”. It is not made for Man and certainly not for adults. Human milk is made for man only and especially for infants. Human milk is suited for periods of fast growth and not for periods of maintenance like in adults. That is what Nature tells us. But we keep not listening to it; we consume tons of milk and dairy products as adults.

This is done, many times, out of fear of calcium deficiency. But you needn't worry since calcium exists in large quantities in many foods like vegetables, whole wheat bread, whole wheat pasta, rice, beans etc. If milk was good enough to cover our needs for calcium, then nowadays that all adults drink much milk and many dairy products out of fear of osteoporosis, nobody would be sick. When it comes to osteoporosis the problem isn't that we don't take enough calcium through food but the problem is that some organisms can't absorb it or metabolize it. Moreover if I take too much calcium, more than I need, then I may cause problems to my organism.

Bottom line: God, Nature, Universe, call it as you like, gave a gift to Man: a drop of wisdom inside us. From my experience this wisdom is more than enough, given that we do listen to it!

#### **4.16 Self regulation: “Whenever you are hungry you must eat...”**

What do I mean by that? Let me give you an example; let me tell you a story. There lived once an emperor well known for his thirst for knowledge. He spent all his life reading scientific books, holly books, philosophy, history, etc. He had in his courtyard several wise and holly men that taught him yoga, breathing techniques, meditations, prayers and

several other spiritual exercises. He was desperately seeking for deep knowledge, happiness and God. But, instead, he was unhappy and discontented.

One day he was told that a wise old man lived at a forest nearby. So, once more filled with hope, he took his wise books and wise courtyard and set for the forest. When he reached his destination he saw a small cottage and in front of it an old man taking care of his vegetables. He seemed so bright, calm and happy. He went close to him and started introducing himself in a rather high-flown style: "I am the great emperor of this country. I have read all books that exist on this planet and practiced for years all existing spiritual exercises. I know that the spiritual path is a hard one to walk but still I haven't had any satisfying results. How can I become happy and closer to all mighty God?"

The old man smiled, looked compassionately at the emperor and said in a calm voice: "Oh, it's so simple! You only have to follow every day three simple rules". The emperor was astonished and anxiously said: "Please tell them to me and I will give you anything you need and anything you wish". "I don't need anything and I don't wish anything, but I will certainly tell you the three rules. The first one is to eat whenever you are hungry and never to eat whenever you aren't. The second one is to drink whenever you are thirsty; never whenever you aren't. Last, but not least, you must sleep whenever you feel sleepy and not whenever you aren't".

The emperor looked at him surprised and suspicious. This man was certainly mocking him; enlightenment could not have been so simple! He was so pissed; he took his company and went off immediately.

But, you see, the old man of the story was certainly wise in his simplicity. He lived in a simple and natural way, thought in simple and natural way and spoke accordingly. He certainly wasn't mocking the emperor and had no such intention. He simply wanted to criticize his sophisticated way of

living, thinking and practicing and on the other hand wished to initiate him into the simple “secrets” of self regulation.

He tried to tell him that wisdom is not something that exists outside of our body and mind; he only had to notice and respect the wise self regulating physical and psychological mechanisms inside our existence. He only had to ask his stomach when to eat; the biological function of hunger would answer to him wisely. He only had to ask again his stomach when to stop eating; the biological function of saturation would answer to him properly. And finally he just could ask his appetite about what to eat and if his appetite was not spoiled by gluttony, then it would advise him wisely what food he needs best for the present.

Do not think that this is true only for eating, drinking and sleep. It stands bold for all physiological functions and furthermore for all psychological functions too. Our Creator through Divine Providence cares about the entire Universe and this is true for Man also. He has placed inside us all mechanisms necessary for self regulation. The only thing we have to do is simply to listen to them and respect them; never to think that we are wiser than our organism; never to believe that we are wiser than Nature; never, ever, dare believe that we are wiser than God.

But most of the times, most of us don't listen to our body; we don't trust Nature; we don't respect Universal Laws. Most of us act in a selfish way, that is, we decide arbitrarily about our priorities and moral values; furthermore we simply say to our conscious to “shut up”!

Take for instance a workaholic. Do you think, even for a minute, that his body doesn't tell him to slow down and take a nap? Do you really believe that his psyche doesn't tell him that he needs relaxation and entertainment? It is because he wants to become rich or famous or somebody, it is because of his egoistic desires and arbitrary goals that at the end he becomes psychologically unhappy and physically ill.

His obsession with his work also deprives him other things like his relation with his companion, his kids, his friends, hobbies, enjoying Nature and sports etc. He will not have the simple joy to cook or clean his house because these will be done by his maid. He will not have the pleasure to take care of his garden since he has no time for that; so he will employ a gardener. He may have spent years of work to build a luxurious villa in the country or to buy an expensive yacht but he can rarely enjoy it because “he has no time”. You see, he doesn’t listen and respect the wise God-given self regulation mechanisms that are inside his body and psyche.

We have already said too much for one night. Thank you for your patience to listen to me and we will say much more next week. Have a nice night.

# **CHAPTER 5**

## **HUMAN TYPES**

### **OR**

## **HOMEOPATHIC IDIOSYNCRASIES**

- 5.1 A review of last lecture on Universal Laws**
- 5.2 Man first and then his Disease**
- 5.3 Do Human Types exist? Is there indeed a Human Typology?**
- 5.4 Human Types according to Hippocrates “Theory of Four Juices”**
- 5.5 Sanguine, Phlegmatic and Choleric Types**
- 5.6 Yin and Yang Types**
- 5.7 Other Typologies: Theophrastus, Pavlov, Homeopathy**
- 5.8 Is Homeopathic Typology objective? Is it useful in clinical practice?**
- 5.9 How did we reach Homeopathic Human Typology?**
- 5.10 “Proving” of pharmacological properties of a substance to Man**
- 5.11 Curing by similar therapeutic means**
- 5.12 Understanding the conception “Homeopathic Idiosyncrasy”**
- 5.13 Psoric, Sycotic and Syphilitic Types**
- 5.14 Homeopathy has an objective scientific basis**

## **5.1 A review of last lecture on Universal Laws**

Good evening! Today is our second lecture on Homeopathic Medicine. Before we go on it is wise to make a review of what we've discussed during our previous lecture. First of all, we had an introduction to Homeopathy and its main principles. Further on, our main subject was Universal Laws and Homeopathic Medical Laws. I claimed that the main and important difference between Homeopathy and the prevalent nowadays Therapeutic System of Allopathy, is that Homeopathy follows certain diagnostic and therapeutic Medical Laws that originate from Universal Laws while Allopathy doesn't.

This is the reason why, nowadays, every year, many chemical drugs are withdrawn from the market as non effective or toxic. The astonishing thing is that these very drugs were approved to be effective and safe after many laboratory and clinical trials done by scientists and in a "scientific" way. The same "withdrawal" stands also for allopathic medical techniques, opinions and theories.

I have claimed that the reason for such failures has to do with the fact that today's prevailing Allopathic Therapeutic System hasn't got a holistic approach concerning Universe, Universal Laws, Man as an integrated psychosomatic being and his relation with Nature and God. So, Allopathy, insists on examining only the Material Body and the Material World. It examines only what can be seen through microscope or only what can be count and measured and ignores or refuses to examine anything that has to do with higher levels like the Etheric Body or Psyche.

I claimed that whenever we don't follow Universal Laws then what we practice is merely Medicine of Experience. James Tyler Kent, one of the greatest teachers of Homeopathy, about 100 years ago named Medicine of his times as Empiric Medicine; unfortunately this is also true for today's Western Medicine, that is, for today's Allopathic Therapeutic System. He stressed that in Allopathy what counts is the opinions of the



“experts” or “authorities” in a certain field. He also said that in Science there is no room for authorities but only for Universal Laws.

## **5.2 Man first and then his Disease**

Today we are going to talk about *Human Types* or Homeopathic *Idiosyncrasies*. It may seem to you, at first glance, that themes like Universal Laws or Human Types have little or nothing to do with every day medical practice and are very theoretical or philosophical matters. But this is indeed very wrong because it is the mere violation of Universal Laws that leads us to Disease; furthermore, it is the imbalances of human idiosyncrasies that affect our behavior and lead to violation of Universal Laws.

Moreover, how can we cure if we don't have a clear picture about Disease in general and about its real causes? Furthermore, how can we understand Disease if we don't have basic knowledge of Man as structure and function on all levels of existence? How can we understand Man if we don't know his relation with Nature, Universe and the Creator?

No matter how well we may describe the clinical picture of an illness on the Material Level this will not be the full picture of Man as a whole. For example, what do we usually do today when dealing with a patient? We take the case history and perform all kinds of laboratory exams, biochemical tests, ultrasound, tomography scans etc. Very impressive and thorough exams, many pages of results, hundreds of symptoms and signs but, in fact, all these merely refer to Material Body. This, indeed, is only the material side of the case, the material side of the illness.

It does not refer, at all, to the etheric side of the illness or to the psychological side of the illness. So, how can a doctor cure the whole of a patient if he has no information about the whole?

### 5.3 Do Human Types exist? Is there indeed a Human Typology?

Now let's proceed to our today's subject: Do Human Types exist? Is there indeed a Human Typology? If you expect me to answer this question by myself then you are wrong. I am not here today just to tell you my beliefs. I am here to make a discussion; I am here to help develop the *holistic way of thinking*. So, can anyone tell me whether there is any such thing as Human Types?

-I believe that there are.

-And how did you reach to such a conclusion?

-We are not all the same.

-True, OK, but if we are not all people the same, this fact can lead to three more questions: First of all if we have a standard type; could it be that today an individual may be this type and tomorrow that type? Secondly: are there clearly defined types? Thirdly: There exist some billions individuals on planet Earth today; are we several billions of different individual and unique types or are there certain few types that we all fit in?

Let's examine one by one, step by step, these three important questions: First of all, are we a certain specific type during our whole life? What is your opinion?

-When you say "type" what do you mean by that?

-If we refer to cars then there are many certain makes like Ford, Toyota, Fiat, Opel, etc. Is this true for human beings also?

-I believe that Man is only one species.

-That's true, but we talk of species when we compare Man to other creatures like animals and plants. But, when we compare an individual human being to other human beings do we have many types of human individuals? Is there a Typology concerning Man? And if it exists, then does this Typology concern only his psychology or does it also refer to his body type and function? Do we also have "makes" or "brands"? Can one be a Ferrari type and the other one be a Lada or Zastava type? (Laughter)

#### **5.4 Human Types according to Hippocrates "Theory of Four Juices"**

You see, this is "phase one" of our discussion in which we merely ask and wonder; there is no need to rush to conclusions. We must take some "appetizers" first and then move to the main dish. I propose that we examine this matter historically.

There were, indeed, many such efforts; one such effort was made by Hippocrates, the "father" of Medicine. He proposed four basic human types according to the fundamental four "juices" of Man. Does anyone know something about it? Does anyone know what we should have been taught at high school as Greeks? Does anyone know what foreigners have been taught at high schools and universities, about Ancient Greece and we, Greeks, haven't?

-Even if we were taught, we are bombed nowadays with so much that only a few remain in our memory.

-I honestly think that, most of the times, the real problem is that we are forced to learn it by rote, to parrot, to repeat mechanically so as to have a good degree when examined; this destroys any effort and any interest for deep knowledge.

-True, indeed!

-You see, another problem is that we learn about Ancient Greece as a tale, as mythology. I have good reasons to support that most of our modern scientific knowledge from Nuclear Physics up to Psychology originate from our ancient Greek Civilization. Ancient Greeks used to say: “There is nothing new under the Sun”, meaning that any present knowledge is nothing but old forgotten knowledge; everything has been already said! Even the most famous present theories like the Relativity Theory have already been said and discovered in the past. If you ask me, this is the result of the fact that Universe and Humanity are in the phase of decline, but that’s another story and a long one too; so it’s not for the present moment to be discussed.

Let’s go back to Hippocrates; he said that there are four basic “juices” inside our human body; “blood”, “phlegm”, yellow and black “bile”. Somebody could say: “What is this nonsense! What is this crab you are telling us? I can understand blood but what on Earth is phlegm? How can a doctor like you talk about two kinds of bile, the yellow and the black one?”

At first glance, he would be right. But he would be right if such words were translated in a simple way. Don’t forget that often, in Ancient Times, words were used as symbols, that is, they represented something broader as meaning. Past history was told through myths and deeper knowledge through symbols. It is almost a rule that when someone with deep knowledge wants to explain something to plain people he uses symbols or pictures from everyday life. For example when modern Nuclear Scientists talk about the Black Holes of the Universe should we stick to a narrow translation of the word hole as if a hole in our pants?

Another example is when our ancient ancestors talked about the Five Elements of Creation. They used the word “Earth” as the first basic element of Universe but that does not mean that they referred to soil or to our planet Earth; instead, I believe they meant the solid state of existence of Matter. Accordingly, “Water” meant the liquid state and “Air” meant

the aerial state. “Fire”, stood for an immaterial higher level that could be Psyche and “Ether”, stood for an even higher immaterial level, probably Spirit. So you see, we must not translate in a narrow minded way. Remember that all great teachers, for example Christ, talk with stories and parables and use symbols when trying to make things simple for their audience.

### **5.5 Sanguine, Phlegmatic and Choleric Types**

Accordingly, Hippocrates used symbolic terms to describe Human Types. Even today, we use “Hippocratic” terms to describe characters. For example in Greek language we say: “he is so irritable; in seconds, blood rises up to his head”, “he has got intense emotions, his blood is boiling inside him”, “he is a sanguine-bloody type; he has red face, shining eyes, is hot and restless”.

This is indeed an example of the Sanguine-Bloody Type as described by Hippocrates; hot, restless, energetic, intense, even violent at times with ups and downs; vivid circulation; illnesses begin suddenly with intense symptoms and subside suddenly. So, these are some of the physical and psychological characteristics of the Sanguine Type. I am sure that even though we have referred only to a few characteristics, it is possible that some of you may have already thought of somebody who matches this description.

Accordingly, there is the Phlegmatic Type or Melancholic Type. He is the opposite of the Sanguine Type; cold, slow to move, slow circulation; illnesses begin gradually with symptoms of low intensity that subside gradually or insist for long; weak defense mechanisms; tendency for chronic illnesses; weak digestion, sensitive stomach, constipated; introvert; does not easily talk about his personal problems, melancholic, pessimistic, easily feels guilty; the opposite of the dominant type; coward and conservative.

Then we have the types that correspond to black and yellow bile. In Homeopathy, we call these two types as the Perverted or Syphilitic Type: he may eat at the same time salt and sweets; he is crazy about strange tastes, perverted tastes; eats food that are not easily combined; his illnesses tend to produce tissue destruction; if it is an ulcer then it destroys internal tissues, produces hemorrhages, offensive secretions and pus; does not heal easily, it may cause necrosis and gangrene; he is so perverted psychologically concerning thought, emotions and behavior; he will say lies, pretend and become violent with the sole purpose to predominate; does not believe in moral principles or may pretend to be so fanatic about ideologies just to serve his egoistic interests.

My opinion is that Hippocrates “four juices” are but the four types of the Etheric Body as mentioned by the eastern philosophers of China and India. According to their philosophy the mixing of these four types of Etheric Body is responsible for the many differences in people responsible for individuality.

### **5.6 Yin and Yang Types**

Eastern philosophers and especially Chinese tradition who has given birth to Acupuncture, talks about “Yin” and “Yang” types of Cosmic Energy, that is, Etheric Energy. It is astonishing to realize the great similarities between the Sanguine Hippocratic type and Yang Type; also the similarities between the Phlegmatic Hippocratic Type and Yin Type. We could also say that the perversion of the characteristics of Yin and Yang corresponds to the Hippocratic Choleric Type.

Do not forget that our Ancient Greek ancestors like for instance Heraclitus, have referred to Yin and Yang when talking about the unity and complementary nature of opposites.

According to Yin-Yang philosophy, Yang is hot, Yin is cold. Earth is Yin, sky is Yang. Yang persons are violent, restless, strong and full of muscles. Yin persons are weak, slow to move, yielding. Male is Yang, female is Yin. Fullness is Yang, lack is Yin.

An intense cold with violent symptoms, sudden onset and relief is a Yang illness. Whenever we have to do with a person who doesn't feel well for a couple of days, then he has some cough, then develops low fever for some days and gradually and slowly gets better, then this is a Yin illness. A melanoma cancer that drives you to death in a couple of months is a Yang illness. A skin cancer that grows very slowly without metastasis is a Yin illness.

### **5.7 Other Typologies: Theophrastus, Pavlov, Homeopathy**

There were also many other efforts for Human Typology. Theophrastus, for example, talked about thirty different human types according to certain characteristics. Later, Pavlov defined four human types according to conditioned reflexes, that is, how fast and intense one responds to external stimuli. I will not go into details. I only try to point out that it was not only Homeopathy that spoke about Human Types.

Now let us focus on what Homeopathy said about Human Typology. According to Homeopathy there are three primal tendencies or "Miasmas" in Man: the Psoric Miasma or Introvert Tendency, the Sycotic Miasma or Extrovert Tendency and the Syphilitic Miasma or Perverted Tendency. Psoric Miasma corresponds to Melancholic and Yin type, Sycotic Miasma corresponds to Sanguine and Yang type and finally Syphilitic Miasma corresponds to Choleric type and to perversion of Yin-Yang.

Homeopathy says that any given individual is affected by all three Miasmas. Differences in mixing of these three primary tendencies

produce the great variety of human types. Let me remind you Universal Law of Uniqueness and Diversity: about one hundred basic elements of the “Periodic Table of Elements” produce millions of chemical compounds and materials; furthermore, these few basic elements are but the combination of only three subatomic particles, i.e. neutrons, protons and electrons.

Accordingly, the six billions of individuals living today are the outcome of the combination of these three primal tendencies or Miasmas. The great contribution of Homeopathy to Human Typology compared to Hippocrates or Acupuncture or Pavlov, is that it has not only studied thoroughly every human type but it did it in a scientific way.

### **5.8 Is Homeopathic Typology objective? Is it useful in clinical practice?**

Somebody could say: “OK, you have described several human types. So what? What’s the big deal? Whom should we believe? You, Hippocrates, Pavlov or today’s Modern Psychology?” You see, he is right, up to a point. Indeed, nowadays, several Schools of Psychology also refer to several different human typologies. Let me remind you of Freud’s “Anal Type”, “Phallic type” etc. Then came Adler and Young and many other modern psychologists and talked about other human types and so on. Who is right? Who is more objective? Who is closer to Truth?

Moreover, another question is if any of these Typologies has value in every day clinical practice. Are all these of any use or are they just theories and philosophies? Let me give you an example of what I mean. There comes a guy who knows very little about plants and says: “I will create a Plant Typology according to the color of the flowers of each plant; there will be the red type, blue type, yellow type etc”. I ask you: “Is there any usefulness in such a Typology concerning health and disease of plants or concerning their cultivation or concerning their main characteristics? No!



So, it is very important, when dealing with Human Typology to have an objective basis. It must be based on firm scientific experimentation and not on arbitrary opinions of any researcher, no matter how famous he is. Homeopathy is based on Universal Laws and this is not a pompous statement; you will see it proved during every chapter discussed; we will always refer to these laws during every stage of diagnosis or treatment. So, any Human Typology must be useful in every day clinical practice both in diagnosis and in treatment. For example, why do an x-ray if this will not help my diagnosis or my treatment?

### **5.9 How did we reach Homeopathic Human Typology?**

In order to understand why I claim that Homeopathic Human Typology is objective, scientific and useful, we must go back to history and see how it began and how it developed. You see, Hahnemann, the founder of Homeopathy, was a German professor of Medicine in Germany at the end of 19<sup>th</sup> century. He was professor of Anatomy and Pharmacology and at the same time a successful chemist; his “wine test of Hahnemann” is known and useful even nowadays.

Although he was a very famous and effective doctor there came a time that he decided to stop any clinical practice. Why? Because two of his beloved daughters got sick and died in his hands despite all his efforts to save them! He was so devastated. He was such a brilliant doctor, he had cured so many patients but he didn't manage to help his blood and flesh! He realized that therapeutic means of his times weren't sufficient. Furthermore, many of the therapeutic techniques used had no firm scientific basis and many of the drugs used weren't studied thoroughly as to their pharmacological properties.

He sworn not to practice Medicine again until he was sure that he possessed an effective, harmless and scientific method of treatment. He still had a large family and financial needs so in order to earn his living

he started translating, on payment, medical books. Every second night he stayed awake and studied all medical literature, ancient and modern so as to establish a new firm, scientific method of treatment.

During his research, he came across some sayings of Hippocrates: “similar are cured by similar” and “similar cause disease and when similar are administered, one proceeds from disease to health”. He was so troubled! What could such sayings mean? What is similar to disease in the field of therapeutic drugs?

Being a very moral and religious person, he believed that Man is not merely a material being but a psychosomatic being. So he thought that accordingly, Disease does not refer only to Material Body but to Psyche also. Since Psyche is superior from the Body then Disease must origin from above downwards. But how could one study Psyche?

During his times, there was a lot of discussion about “Vital Energy” or “Vital Force” which was thought to be responsible for the phenomenon of life in any living creature. If Vital Force was responsible for life then it should also be responsible for health and disease. Being subtle and superior than Material Body, it must have been the first to be deranged, so Disease must be starting from Vital Force downwards to the Material Body. If Disease was originally an energy imbalance, that is, of energy nature, then subsequently therapeutic means (drugs) should also be of energy nature. How on Earth could he prepare an energy medicine? Too theoretical!

Pharmacology of his times was based on plants and minerals. Being a professor of Pharmacology and a chemist he had studied almost all pharmaceutical literature. He realized that there were very different, even opposite opinions about the pharmacological action of several plants and minerals to Man. Authors referred to Hippocrates, Galen and other

doctors, ancient and modern, but none of them was based on experimental research.

### **5.10 “Proving” of pharmacological properties of a substance to Man**

He decided that it was time not for theories and bibliographic references but for experimental research. He started experimenting first on himself and then on his medical team. They started receiving a substance to be proved (plant or mineral), in small repeated dosages and stopped when first symptoms arose. They noted down in details every psychological or physical symptom and the time of its appearance.

For example: “After three hours of the beginning of proving I have a headache like a vice pressing my temporal area; better on lying down and on washing with cold water; worse from light and noise; after five hours smarting pain during urination and frequent urination; after 8 hours itching on hands and feet with rush; after 10 hours lack of concentration, dizziness and irritability; want to throw things, etc”

This method of experimentation was called “Proving” because it was a way to prove on human being the pharmacological properties of a certain substance. He chose to prove substances on healthy people so as not to confuse their pharmacological properties with the symptoms of any illness. Moreover, he developed for the first time in scientific research, the “Double Blind Trial” which is used and considered valid by all scientists until today. What did he do?

There were three groups. First was the group of doctors that took the substance until being slightly poisoned so as to develop symptoms. Second there was the control group of doctors that took placebo so as to exclude self-suggestion. And finally the group of doctors that recorded symptoms of the other two groups. None of the three groups knew who was taking the substance to be proved and who was taking placebo until

the end of the Proving. This was done deliberately so as to ensure validity of the experiment; that's why it is called blind trial.

So, at the end, if out of 100 participants, 90 of them had diarrhea while none of the control group with placebo had, then it was valid to say that the substance from the plant *Colocynthis* for example, had as a pharmacological property to cause diarrhea to healthy Man. In fact experimentation showed that this diarrhea had certain characteristics concerning time, intensity, etc, compared to diarrheas caused by other substances. If on the other hand, only 5 to 10 of the participants had diarrhea this was not considered valid so as to draw conclusions.

By this procedure called Proving, thousands of physical and psychological symptoms were noted down for several of plant and mineral substances creating thus the first *Homeopathic Materia Medica*. Apart from physical symptoms, were also noted down, peculiar sensations, thoughts, emotions, fixed ideas, fears, insane ideas, desires and aversions and tendency for certain behaviors. Not only were they noted but furthermore, they were evaluated into three degrees according to their intensity and frequency.

### **5.11 Curing by similar therapeutic means**

Now it was time for Hahnemann to remember the sayings of Hippocrates that "similar are cured by similar". He said to himself: "What if I give to a patient suffering from diarrhea of a certain kind the substance that produced diarrhea of this certain kind when proved to healthy people? Will there be a cure?" Indeed, he did so, but to his disappointment, most of the times things got worse at the beginning; on some occasions after the initial deterioration there was a cure.

He thought of diluting the substance so as to lessen the original deterioration of symptoms. He used, as diluting agent, pure water or

concentrated ethyl alcohol. Original deterioration was lessened but after some point of dilution so did cure; no original crisis but no cure too. What was wrong? He had employed similar action but still his action was on the material level and not on a primal energy level. If he wanted full similarity then this should not only concern symptoms but also level of action. How could he transform his material drugs into energy drugs?

It was something common at his times to use percussion of a dilution so as to “activate” the ingredients and make the dilution more “potent”, so Hahnemann tried to do the same. Every time he diluted his substances, he also did a percussion of the dilution and named this combination of procedures as potentization. He was astonished to see that when using these potentized dilutions for treatment not only initial crisis was lessened but also cure did happen. It seemed that he managed to produce effective treatment acting on a higher energy level.

He used Provings to reveal pharmacological properties of substances on healthy Man; he employed the Law of Similar to match the symptoms of the Proving to the symptoms of Disease; finally he employed potentization to make his therapeutic action similar to the energy level of Disease. Further provings completed his Materia Medica and treatments according to Law of Similar expanded his therapeutic experience. Every time he used a substance according to the Provings revealed properties and achieved a cure he was convinced that his methods of Proving and Similar treatment were correct. So, gradually, he confirmed again and again these pharmacological properties in the field of clinical practice.

### **5.12 Understanding the conception “Homeopathic Idiosyncrasy”**

Year after year, his Materia Medica increased in quantity, quality and details. Physical and psychological symptoms of a certain healthy person influenced by a certain substance during a Proving, taken as a whole, constituted a certain profile during disease. If the original substance was the plant *Lycopodium Clavatum*, then a patient under such an influence was a *Lycopodium* human type, a *Lycopodium Idiosyncrasy*. Whenever a

patient was treated successfully by Lycopodium as homeopathic medicine, then he was also observed as behavior during healthy state. So in the end, the whole psychosomatic picture and profile of a Lycopodium idiosyncrasy was revealed!

Gradually information was gathered about what body type he tends to have, his tendencies towards food, tastes, sex, relations, work and family; also his tendencies for certain illnesses and his strong and weak points. In conclusion, his whole picture either in a state Health or in a state of Disease.

So today any person that comes to a homeopathic doctor, either in a state of Health or in a state of Disease, can be diagnosed not only as concerns his illnesses but also as concerns the idiosyncrasy that affects him at that certain period of time. If he is diseased, no matter what illness or illnesses he has, he will be given the similar medicine that suits the whole, that suits his present idiosyncrasy; and this will cure him.

That is the reason why I claimed earlier that Homeopathic Human Typology is both scientific and useful. It is based on the scientific procedure of Proving (Double Blind Trial) and it is confirmed by cure through the Law of Simillar which on turn is based on Universal Laws.

### **5.13 Psoric, Sycotic and Syphilitic Types**

I believe that, by now, it is clear to you how Hahnemann and Homeopathy reached the knowledge of Human Types or Human Idiosyncrasies. In order to complete our picture we must also see how Hahnemann discovered Miasmas and what is their relation with Idiosyncrasies.

After 20 years of clinical practice using Homeopathy, Hahnemann realized that he was very successful with acute illnesses but whenever he faced chronic illnesses he managed to handle their acute crisis but later on, under unfavorable conditions, Chronic Disease relapsed again and again. There must have been a deeper primal cause that produced chronic illnesses and he was determined to reveal it!

For many years he studied all the well known Idiosyncrasies and underneath their differences he perceived three major tendencies that run through their entire symptoms, through the Materia Medica, through all Humanity. These primal tendencies defined human body and psychology either in health or in disease. He named these tendencies as “Miasmas” because he observed that they existed since birth and were inherited in some way. He came to the conclusion that these Miasmas are responsible for all chronic illnesses and for all predispositions that lead to acute illnesses.

Original Idiosyncratic Typology was now enriched and became a Miasmatic Idiosyncratic Typology. I must note that Psoric, Sycotic and Syphilitic Miasmas may have taken their names by illnesses that have some of their characteristics but this does not mean that Miasmas originate from these three illnesses. Not does that mean that Miasmas are just illnesses. Miasmas are much broader, even universal influences and that's why they are related to Yin and Yang Cosmic Energy.

#### **5.14 Homeopathy has an objective scientific basis**

I will not tire you with any more scientific stuff. The only reason that I referred to it, was to support my claim that Homeopathy and Homeopathic Typology are based on scientific ground and evidence. You see, Homeopathy for me, is a very powerful system both theoretical and practical. Philosophy and practice joint together so tight and effectively. Of course, Man can always alienate anything, no matter how true and scientific it can be! (laughter)

Let me give you a personal example from the field of Acupuncture. Once, when I was a medical student, I attended Acupuncture seminars held by the official Greek Association of Acupuncture. On the stand, a young but experienced doctor, who studied for years Acupuncture in China, was trying with much enthusiasm to initiate us into the wisdom of the Theory of Five Elements; I must note that this theory is the philosophical basis of Acupuncture. He was explaining for long the energy construction of Man and his relation to the Energy Level of Universe. After two hours he had completed his lecture and sat down satisfied and excited.

Then an older doctor, in charge of the educational program, took the stand and from Heaven he landed us on Earth in two sentences. He said: “OK guys, there is no need to learn all these philosophical things... they are just being said so that you have a theoretical view. But in clinical practice the only thing you have to do is to learn for each illness where to insert your needles. For example constipation needs needles at points 3, 5, 15, 17, for sciatica 4, 9, 18 etc.”

You see, this is the western alienation of Acupuncture: “let philosophy and laws aside, just treat the symptoms or the illness locally and alike for all patients”. The problem is that you can alienate Homeopathy in the same way. You can administer homeopathic medicines but in an allopathic way; instead of applying the homeopathic medicine that is similar to the idiosyncrasy of the patient as a whole, you can give that homeopathic medicine that suits only to local illness and is the same for all patients with the same illness.

Such a practice of course violates homeopathic law of Simillimum and law of Individualization. And that is the reason why it doesn't have any deep therapeutic results. It can only palliate temporarily but it cannot cure permanently.



# CHAPTER 6

## DESCRIPTION OF A HOMEOPATHIC IDIOSYNCRASY

### **6.1 Natrum Muriaticum: Description of a homeopathic idiosyncrasy**

### **6.2 Psychological profile**

### **6.3 How idiosyncratic imbalances cause Disease**

### **6.4 “Love disappointment” and Nat.m**

### **6.5 Idiosyncrasy affects the whole individual**

### **6.1 Natrum Muriaticum: Description of a homeopathic idiosyncrasy**

If you want to understand the theory of building houses, the best way to do it, is to watch a house being built. If you want to understand Idiosyncrasies, we must describe one before your eyes and mind, right now! So let me describe you the idiosyncrasy *Natrum Muriaticum* in a few words, so as to get an idea of what idiosyncrasy is.

Natrum Muriaticum idiosyncrasy or in short Nat.m, tends to create a certain body type to the individual that it affects, whenever this influence lasts for years: lean and narrow feet and hands but broad pelvis. The body takes the shape of a pear; narrow upper part, broad in the middle, narrow

lower part; whenever she loses weight this is very clear on the face, trunk and extremities but there is almost no change in the area of pelvis and thighs.

Note that this body type is not characteristic only of one idiosyncrasy; it may be found also in a few others. You see, Man is a very complex and multilevel creature and cannot be entirely the sole product of one and only influence, no matter how long and strong it is.

Natrum Muriaticum has dry skin and dry mucous membranes. Dry mouth, dry skin, sensitive epidermis. That is the reason why Nat.m women tend to have an easily cracking skin and easily develop wrinkles. Note that Natrum Muriaticum is the Latin name for Sodium Chloride, that is, for common cooking salt. Is it something accidental that whenever we eat too much salt our lips become dry and crack, our skin becomes dry and we become very thirsty?

No, it isn't! It is a matter of imbalance of the metabolism of Sodium in our body and this is what is wrong also in the case of Nat.m idiosyncrasy. This imbalance is also responsible for dryness of the mucous of intestines and constipation that results from it. It has all characteristics of Yin or of Psoric Miasma; dryness, slow motion of intestines, constipation with no urgency, hard stool. Although predominantly a psoric idiosyncrasy, due to mixing of other Miasmas she is usually hot physically and not cold.

## **6.2 Psychological profile**

She has the tendency to be dressed in a classic moderate style. She tends to be very decent; will not do extreme things; clean, tidy, combed; she is polite, discrete, may use plural in speech.

She is an extremely introvert person; that does not mean that she is not social; these two things are different. Whenever we use the term introvert in Homeopathy we specifically mean a person who doesn't speak about his *personal* problems; she rarely speaks about it; she may speak to her husband or companion but only if they do have a very good relation.

I say to *her* husband because Nat.m idiosyncrasy affects mostly women; it is a female idiosyncrasy. Accordingly there are other idiosyncrasies that tend to be male ones. This is something expected, since there is a natural difference between males and females. Males tend to have Yang characteristics while females tend to have Yin. Nature loves variety and differences! We, human, destroy balance and nature whenever we try to make all things similar by force. I don't mean by that, that both sexes shouldn't have equal opportunities and fair chances. I simply mean that we should respect sex differences given by Nature and act accordingly.

So, as I said before, Nat.m is introvert on one hand but usually social on the other. If she has a very good relation with her companion she will talk about her personal problems and may even confess very deep things. But there are times that she wants to take her time and talk whenever she is ready; she doesn't like to be pushed to speak even from her close and trusted ones.

Most people feel better when others console them. Nat.m feels the opposite; she feels awful, gets angry but tries not to show that she is disturbed. Why so? Because she doesn't want others to know her problems; she feels that her dignity will be lost; she feels transparent. What is more worse for her than consolation is indeed, pity! You kill her if she understands that you pity her; you kill her if you say "Oh poor you!"

If someone, outside the very few entrusted, learns that she had a personal problem and comes to her to talk about it, she tries to avoid it or change

the subject. If, however, he insists, she is going to get upset and angry although rarely she is going to express it; usually she finds an excuse to end the subject. But that doesn't mean that she will not talk about social matters, work, her opinions, her ideology, about general matters or even about usual "harmless" matters concerning her family; anything but her personal.

Another great characteristic of Nat.m is the fact that she is very easily offended; even on trifles. If she has a companion who is spontaneous and not very careful at his behavior, then she may be offended on little things; she gets hurt, may not show it and her behavior towards him may change slightly. After a couple of days, if she has a good relation with her companion, she may tell him about it and then he is so surprised: "Oh my God! I had no idea! I didn't understand anything. You are so sensitive! Why didn't you tell me that you were offended? You know how much I love you and definitely don't mean to hurt you. You take things so serious and so personally!"

If she is offended at work or with other people, she definitely tries to hide it; even when asked, may deny that she was hurt. If she feels like crying, then she hastily finds an excuse to go away, stay alone and cry alone; after some time, she will weep her tears, fix her make-up and come back pretending that she is calm and that nothing happened.

### **6.3 How idiosyncratic imbalances cause Disease**

There is a certain kind of specific irritability in Nat.m; it isn't the typical irritable person that easily gets angry and then expresses himself by shouting, yelling or throwing things. No, it isn't a sycotic-yang type irritability; it's a psoric-yin one. We would be closer to her image if we called her *a nervous person*; easily offended, easily upset and hurt, easily annoyed but because she rarely bursts and keeps all this upset inside, then she easily develops nervous symptoms like face neuralgia or nervous tension headaches.

If you don't express your internal heat then you may drive it to the body and especially to the muscular system; tension of the neck and subsequently tension headache; oppression stomach; oppression chest; feeling of a knot in the throat. So you see, whenever we ask the patient about such nervous symptoms this is not done accidentally; such symptoms help us diagnose his idiosyncrasy!

In some occasions, Nat.m may express her irritability; she may shout at her children and rarely give a little slap; but she feels so guilty afterwards! She feels so bad; she is not a good mother; she is not a good person; her dignity is torn to pieces!

She has such a sensitive Autonomic Nervous System; she breaks down easily. If she has a sycotic rebel kid telling her "back off Mum!" then she is desperate. She so much wants to grow polite and kind children and if this isn't happening she is so guilty and embarrassed; feels so bad towards others and towards the society; she is a failure; she has lost any decency.

A young mother Nat.m comes to the doctor with a very wild and restless kid. She tries hard to keep him under control: "Sit down Johnny, please sit down; don't touch that, leave it there; I am so sorry doctor for the inconvenience; Johnny please come here right now!"

I must clarify that she is straight and sincere concerning her behavior; she isn't *faking* that she is polite or that she is very much bothered by her kid's restless behavior like a syphilitic for instance behavior. A syphilitic person exaggerates and is not sincere as to her intentions: "Sit down Johnny and don't make even a move! Not even a move or I will punish you; there will be no ice-cream in the evening! I am so sorry doctor for the trouble we caused you. You see Johnny is like his father; he is so

restless and irritable... not that he isn't a good boy but he is so naughty; Johnny sit down now! Oh my God! What have I done to deserve such a naughty child!" (laughter)

After saying all these, a syphilitic mother may leave Johnny turn doctors office upside down; you see, her problem isn't to respect doctor's office but to make a good impression to the doctor; exaggeration, theatrical, hypocrisy, accuses her husband; all these are syphilitic characteristics; as you can see not only the child needs medicines! (laughter)

On the opposite, Nat.m is genuinely psoric; she does suffer when little Johnny behaves like a wild animal; she is sincere; she doesn't have a fake behavior. You may notice this in another example. Let's say that her husband isn't so polite or restrained as concerns his behavior: "Hi doc! How are you? Good? Nice! Are you married doc? Oh... divorced... good for you! You don't suffer any more like me! Ha, ha!" On hearing these, his Nat.m psoric wife feels so bad about her husbands' discrete and impolite behavior.

Nat.m, being psoric, tends to be idealistic; she truly believes in moral values, ideologies, principles and laws. That is the reason why she is so easily victimized by cunning syphilitic individuals. Be careful! Any idiosyncratic characteristic is an imbalanced and thus not normal behavior. Somebody could say: "What's wrong in being idealistic and having moral values? Should we be immoral?" The problem is that this idealistic tendency is not balanced; it is intense and without any ability to distinguish whether other people mean the same or are faking. That is the reason why psoric individuals and Nat.m easily become victims.

#### **6.4 "Love disappointment" and Natrum Muriaticum**

Let me give an example. There is this girl at her late teens; she was well raised in a religious family with high moral principles; well educated,

refined, with good manners, sensitive. She is a typical Nat.m subject. She is spotted by a guy who is the typical male “sex machine”. He says to himself: “What a beautiful innocent chick! I must have her! I must take her to bed! She’s gonna be mine! How can I do that? I believe she is dying for romance; if that is what she wants then that is what she gets!” (laughter)

So he brinks her flowers; he pretends to be “so romantic” and “so full in love” with her; so “sensitive” and “emotional”. But the truth is that he is so rotten, such a tramp; booze, drugs, spends his daddy’s money, bad companies. But he sells love and emotions and she believes him; she lets herself open and she is given to him with all her heart and mind.

It is not easy for a Nat.m to trust and let go; but when she does she is so fully surrendered and thus fully hurt. You see, due to her psoric idiosyncrasy, she cannot resist to “a nice, poor, sensitive and romantic, troubled by life, guy”. That’s what he serves out and that’s what she bites! From that time on, he spends her money, he enjoys her body, he sucks her energy and mistreats her in all possible ways. There comes a time that God feels mercy on her and she is saved and away from him; saved, but deeply hurt and bitter. After all she had suffered she still does not want to believe that he was just a major prick.

So, she goes to the homeopathic doctor because she is such a total mess physically and emotionally. And that is the time for the homeopathic doctor to ask: “When did all your symptoms start? Did anything happen that caused such a fall? What happened?” You see all these matter to the homeopathic doctor. A psoric person reacts differently from a sycotic or a syphilitic one as concerns for example a love disappointment.

Let us go back to our story and let’s suppose that her sycotic, no good boyfriend, after hurting many girls finally, from perpetrator he becomes the victim; he goes nuts for a “goddess”. She is so clever; she handles

him like a puppet. At this point, I must clarify that I deliberately use, each time, the kind of language and expressions that suit the idiosyncrasy mentioned so as to help you have a more live picture; a picture taken out of everyday real life.

So, now, *he* is the one suffering from love disappointment; but that doesn't mean that he will need the same homeopathic medicine as the psoric Nat.m person. He will receive the similar to his Miasma and Idiosyncrasy medicine because he is different; different people react differently to the same stress factor.

His picture of love disappointment is so the opposite of Nat.m: he starts smoking, drinking and taking drugs much more; he may weep like a baby one time and then swear that he will kill her; starts having sex with any female that passes in front of him "so as to forget her".

On the other hand, how does a syphilitic male react to love disappointment? He may stab her or take a car, drive like crazy and kill himself; he may throw an acid liquid to her face so as "to spoil her beauty forever" and take revenge or he may kill her so as "nobody else to have her".

### **6.5 Idiosyncrasy affects the whole individual**

You see how idiosyncrasy can affect the whole individual both psychologically and physically? If on the above example the Nat.m girl had certain idiosyncratic predispositions, then these would be irritated by her love disappointment and illnesses like nervous headaches, face neuralgia, gastritis etc, would be the final result. All these happen because Nat.m is psorically imbalanced as concern idealism; she is such a caring and giving person, but in an imbalanced way.



Furthermore, she is a person who believes in meritocracy and respects other's position and status. She may sincerely say: "I don't know so much as him and don't have his ability or done so much work as he did, so *he is the one* that deserves to be there and I refuse to take his place; I don't deserve it". You see, she's got moral values; she has moral restrains; can easily feel guilty about something wrong; Moreover, she is smart, endowed usually with a good amount of intuition, but despite this, she can easily develop a strong emotional attachment. We have already talked about her attachment concerning love affairs. Let's see an example concerning family relations.

If she has syphilitic parents, they will definitely take advantage of her sensitiveness and psoric idealism and she will suffer again. I have often seen a syphilitic predominant mother have two or three children. The Nat.m child will be the one that, although received punishments and neglect, will take care of her elderly sick mother, up to the grave. She may even be the one that was given less property or no property at all compared to her brothers and sisters.

She may even endure stoically an unkind and cruel behavior from her elderly parents at the very moment she takes care of them; she will not leave from what she thinks it's her duty towards her "loving" parents. Is it now clear to you how idiosyncratic emotional attachments can affect a person as a whole and bring suffering and illnesses to the bearer?

Nat.m has a special relation with salt; she craves salt. What does that mean? It means that she will not only cook salty lunches but even then she may add salt before eating; she adores salty potato-chips, salty almonds or peanuts, salty food in general. But, sometimes, she may have intense aversion to salt; then, if food is a little bit salty, she will not eat it.

A Nat.m individual is afraid for her children that they may get sick or have an accident. She tries to feed them with healthy and proper food, to inspire them to be good students and honest persons.

That is a very general picture of a person affected by Nat.m idiosyncrasy; we could talk about it for long; we could get into important and peculiar details; Let me give you one: if she visits a public place or another family not so close to her, then she will avoid going to the toilet. Why so? It isn't that she is afraid of bacteria and illnesses. She is so embarrassed if she starts urinating and somebody passes outside the toilet and hears such a "personal" sound. She may even not be able to urinate or her urination will be stopped.

If we examine her physical symptoms it will be of a specific characteristic type; her constipation or difficult breathing or cough will be a specific one; her headache will have certain characteristics; usually of nervous origin, like little hammers stroking her head, worse by these conditions and ameliorated by those and so on.

We could talk for hours about specific and local symptoms of an idiosyncrasy. I only referred to the most important and general ones and briefly, because my goal was to give you a faint idea of the picture of an idiosyncrasy. This lecture shouldn't be a monologue. So let's proceed to questions and opinions.

## **CHAPTER 7**

### **DISCUSSION ABOUT IDIOSYNCRASIES AND INDIVIDUAL**

**7.1 Is a person's idiosyncrasy standard? Does it change and how?**

**7.2 What is the relation of Idiosyncrasy to the Structure of Man?**

**7.3 World of Uniqueness and Binary World**

**7.4 Quality of people according to moral level**

**7.5 Idiosyncrasy is an obligatory, freedom lacking way of functioning**

**7.6 Idiosyncrasy is only an external self and not our real self**

**7.7 Idiosyncrasies and Karma or Destiny**

**7.8 Can we change our idiosyncratic inheritance?**

**7.9 Idiosyncrasies are but improper clothes that we wear over our real internal self**

**7.10 How free are we?**

**7.11. "Know thy-self" and "Know thy-idiosyncrasy"**

### **7.1 Is a person's idiosyncrasy standard? Does it change and how?**

-This very description you gave us about Nat.m brought to my mind a certain close friend of mine. She is so like it! As if you knew her and described her...

-You see, Homeopathy is so real! It is a knowledge acquired from everyday life, from reality; it has an objective basis and an everyday application and not only to clinical practice. When somebody starts learning idiosyncrasies, at the same time he starts learning others; most important he starts learning himself! We, human, are so predictable! We are so predictable because, each and every one of us is affected tremendously by idiosyncrasies and our behavior is not free. Now let me ask you an important question: Is Idiosyncrasy a good thing or a bad thing?

-A good or bad thing?

-Yes. Is it something beneficial for Man or something bad? Let me put it in another way: Are there good and bad idiosyncrasies? Can we be freed from the bonds of our idiosyncrasy? Can we get over it?

-...

-Such a deep, scary silence! (laughter) You may have understood all of it or nothing! (laughter) I must quickly continue! (more laughter)

All individuals are born with a certain mixture as concerns their Miasmas. That is the reason why in Homeopathy we support the idea that "a person is primarily born and not raised". He is born with a given certain Etheric Body and a given certain Material Body. There is a basic "material" given from birth from which a certain individual is "made of", both physically and psychologically; someone is made of "marble", another one from "iron", a third is made of "wood" and a fourth is made of "butter"! (laughter)

This basic original material stays pretty much the same; it is so difficult to have a radical change. That is the reason why Greek people say: “first departs psyche and then temperament”. It is, however, possible, that this basic material may change shape and forms; for example if you have an iron material, it can be hammered by life, experience, parents, society or by the very will of the person. But it will still be iron; shapes change, material stays the same.

So let me answer my questions: during his life a person changes idiosyncrasy, that is, he is affected more by this or by that idiosyncrasy; but he will change towards certain five, ten or fifteen relative idiosyncrasies. He will not change from one idiosyncrasy to an opposite one. He will not be one time Dr Jekyll and the other Mister Hyde! That’s the reason why if anyone looks back at his past, no matter how many things have changed, he will still recognize himself, as one and familiar guy, as “himself”; he will say “I” did this and that!

Until puberty most factors that influence us come from outside, that is, from family, school, friends, society. Gradually and especially after adulthood, we, ourselves, start playing an important role as to our cultivation and self improvement or self deterioration.

This is a critical point; according to the goals that I will choose for myself I will drive myself towards this or that idiosyncrasy, that has this goals as its’ essence, as its’ main idea. If I want to be the first, the best or the most famous, then I will drive myself towards this certain idiosyncrasy or certain specific idiosyncrasies. If I want above all to enjoy my life, without caring at all about others, then I will head towards another idiosyncrasy. If my primal goal is to serve others at any cause, then my tendency is to be affected by some other idiosyncrasies and so on.

So we are born with certain Miasmas and certain idiosyncrasy, change towards some relative idiosyncrasies during our lifetime and this is done according to our wills, our desires and goals and, of course, according to what happens to us. Some of us pass easily and frequently from one idiosyncrasy to another and some don't change easily. You see we are different and unique; God loves diversity!

So, in the end, after what we've said, these 6 billions of different human beings can be sorted out objectively in teams called Idiosyncrasies. But be careful! A person isn't most of the times, one and only one, pure idiosyncrasy; he can be affected at this certain time from more than one idiosyncrasies as if having layers, just like an onion. In the same way he is at a certain time a mixture of Miasmas, in the same way he is also a mixture of two, three or even four idiosyncrasies. There is one predominant at this certain time and the other follow according to the strength and breadth of influence.

If life or the individual turns the wheel left or right, he will go towards this or that idiosyncrasy. Sometimes, after balancing the predominant idiosyncrasy through deep homeopathic cure, the second to strength, idiosyncrasy, may manifest itself and in turn cause its specific imbalance and then need cure. We must be precise to what we say: it isn't in any way that the new idiosyncrasy was caused or produced by the homeopathic treatment; it is something that existed already, was suppressed by the predominant idiosyncrasy and now it pops out and predominates.

## **7.2 What is the relation of Idiosyncrasy to the Structure of Man?**

Now let's go back to a previous non answered question: is Idiosyncrasy a good or a bad thing for Man? In order to answer this, I must propose a few more questions: Am I just my idiosyncrasy or mixture of Miasmas? Am I just my character or personality or type? Is Mary only Nat.m? There is an emergent need to talk about the structure of Man as a whole.

In Homeopathy, we don't only *act* according to Universal Laws; we try to *think* also, accordingly. Man, is made "at the image" of God, Universe or Nature – call it as you like, nothing changes. So must be his structure as a being. Universe consists, from above downwards, from Spiritual World, Psychic World, Etheric World and Energy-Material World. Accordingly, the structure of Man must consist of Individual Spirit, Individual Psyche, Etheric Body and Energy-Material Body.

There pops up, another basic question, before we go on: does Idiosyncrasy concern and affect the Whole Man or only a part of him? We do know from Homeopathy that Idiosyncrasy definitely affects his Material Body since we have idiosyncratic physical symptoms either in Disease or in Health. For example we have cough, pain, aversions or desires for certain things, body type etc.

Is it true that Idiosyncrasy affects also his Etheric Body? We know from Acupuncture that the blocking of the flow of Etheric Energy may cause lack or excess of it at certain energy points and subsequently affect organic systems, organs or parts of the body. This blocking of energy before passing into physical symptoms causes subtle subjective general sensations, that is, idiosyncratic etheric symptoms. The above are also confirmed by other Energy Therapeutic Systems like Osteopathy, Shiatsu, Yoga, Reiki, Biotherapy etc.

The above are supported also by Homeopathy since, as said before, we consider Disease as primarily an energy imbalance that proceeds later on, to the Material Body. That is the reason why Homeopathy produced energy homeopathic medicines so as to cure Disease in a more deep and primal stage. So it is justified enough to say that, Idiosyncrasy affects also the Etheric Body.

It is time to examine an even higher level; the Psychic Level of Man. Individual Psyche can be divided into three sub-levels, from above downwards: Conscience Psyche, Intellectual Psyche and Sensual Psyche.

*Sensual Psyche* has to do with Senses and through them with the communication of our Psyche with the External Energy-Material World.

*Intellectual Psyche* is the part that has to do with thoughts and emotions. It is the “manager” of the whole system because it can choose to go downwards through Sensual Psyche to the Energy-Material World or upwards through Individual Spirit to the Spiritual World and God.

*Conscience Psyche* is the supreme part of our Individual Psyche. It can lead us to communication with the Individual Spirit, through it to the Spiritual World and God himself. Conscience Psyche is indeed a holly “drop” of God inside our individual existence.

### **7.3 World of Uniqueness and Binary World**

The content of Conscience Psyche is one and only; there is no diversity; there is only one type of “material”; only good; there isn’t anything bad in it. All individuals have the same good content in their Conscience; there is no diversity or individuality concerning Conscience.

People sometimes say: “He is such a bad criminal; he has no Conscience at all!” or “he has a bad Conscience”. Allow me to disagree. All people do have Conscience and there is no such thing as bad Conscience. Whenever we do wrong things, we do them because our Intellectual Psyche, our Mind, refuses to listen to our Conscience or it has pushed her so far inside, that we cannot listen to her voice.



Why do I support that our Conscience, our Conscience Psyche, is only good in nature? This happens because it originates from Individual Spirit and from Spiritual World who are both, part of the *World of Uniqueness*. There are no opposites there; no good and bad; no light and darkness; no white and black. There is only good there. Spiritual World has been described at times by several names. It is “Paradise” or “Heaven” or “Eden” of the Christians. It is “the Land of the Blessed” of Ancient Greeks. It is “Nirvana World” of eastern philosophers or “Valhalla” of Northern Europeans.

On the other hand, there is *World of Diversity* or *Binary World* that includes, from above downwards, Intellectual and Sensual Psyche, Etheric World and Energy-Material World. The content of this Diversity World is binary and diverse; all things exist in the form of opposite and complementary pairs like white and black, positive and negative, day and night, up and down, joy and sorrow, etc. If we want to be more precise, then we should say that, not only the two far opposites exist, but there is also a numerous spectrum of relative conditions, in between.

Why does this happen? It happens because Universe resembles a hierarchical pyramid from above downwards. God or The Creator is at the top while Material World is at the bottom. World of Uniqueness is at the top and from some level downwards begins the World of Diversity. Let's not forget that in all civilizations, Paradise, the Spiritual World, is described as a level, a land, without evil and negativity. Even wild animals like lions that exist there are not wild and do not kill to cover their needs. The reason for that, is that lions exist there as the spiritual prototype, the Platonic “Idea”, of that certain kind of animal who is strictly spiritual as nature and thus has no material body, no needs and no negative feelings.

When did Adam and Eve start having illnesses, death, needs and shame? This happened only after the “Fall” from Paradise, the “Fall” from Heaven, the “Fall” from the Spiritual World.

-True, but what caused the Fall? (laughter)

-I've got it! You are in fact a male and you will definitely choose the male version! It was that "bitch" Eve and the snake that are to blame... (laughter)

But, let's be serious. Let's examine the Fall of the Protoplasts from Paradise or the Myth of the "Original Sin". I must point out that myths are not just Mythology, that is, fake History and tales for kids and imaginative people. It is a certain way to describe true historical events in a symbolic way. Don't forget that all great spirits through history used indirect ways to speak about the truth and about the past like the parables of Jesus, Genesis, Greek Mythology etc.

The Fall of the Protoplasts from Heaven is, indeed, a true historic fact that took place during the evolution of the Universe. I know that there will be many objections about it but I believe that it can explain many things, so please accept it for the present, without any discussion.

This myth tells us that there was a time when Man, as a solely spiritual being, without any Psyche or Material Body lived in Heaven, in Paradise, in the Spiritual World, in the World of Uniqueness, very close to God; so close that he could hear Him and talk to Him. After the Original Sin, he was condemned to fall to the World of Diversity and so acquired Individual Psyche and Individual Energy-Material Body. Thus he acquired also negative thoughts and negative emotions and material needs; he also became prone to Disease and Death; he became mortal as to his Material Body.

#### **7.4 Quality of people according to moral level**

That is the reason why Idiosyncrasy can affect only Energy-Material Body, Etheric Body, Sensual and Intellectual Psyche, that is, only the parts of our being, that are inside the borders of the Diversity World. It cannot affect our Conscience and Individual Spirit because these higher parts are of the same substance of the World of Uniqueness. These parts are unique in nature and same for all billions of people.

That is the reason why great spirits, holy men or even people that achieved a high moral level have no great differences or conflicts among them. A Buddhist saint, a Christian saint and a moral atheist of some level, share a common moral language and understanding; moreover they are never overwhelmed by fanaticism.

The lower morally and intellectually a man is, the more fanatic he becomes; such people tend to blame others for anything wrong; they hate anybody that believes in different ideas; they are so suspicious and cruel about their “enemies”. If somebody has a different religious belief they simply say that he has no belief at all “because God is one” and of course God is on their side. They tend to be Christians that are in war with Muslims or vice versa, or Americans against Russians and vice versa or white against blacks or males against females etc.

#### **7.5 Idiosyncrasy is an obligatory, freedom lacking way of functioning**

The more a person obeys to his Conscience the more he surpasses the influence of Idiosyncrasies and Word of Diversity. The more moral he becomes the more free he is from illusions and ignorance. Of course, in order to surpass the World of Idiosyncrasies completely, someone must become a real saint and this cannot be done without “the grace of the Lord”, as Christianity supports.

It is such a rare thing to happen, especially nowadays. Even people that have a high moral standard tend to function subconsciously and automatically according to a certain idiosyncrasy; of course, when the event has passed they have the ability to see things more clearly and criticize their actions and try to fix things but this is done, most of the times, afterwards. The reality is that the great majority of people are deeply influenced by Idiosyncrasies as concerns thinking, emotions, behavior and physical function.

That is the reason why we tend to realize that we are wrong only after we did it; only afterwards or only after we have changed idiosyncrasy. Then we go back and say: “How stupid was I? How, on Earth, couldn’t I see it?”

Homeopathy and other Energy Medicines, Psychoanalytic treatment, true religious believing and self cultivation, can help an individual go a bit over his idiosyncratic influences and manage to see his wrong actions.

I have already told you an example of the love disappointment of a woman influenced by Nat.m idiosyncrasy. She tells you: “Oh doctor, I just can’t figure out what is happening to me; my mind tells me that he is a no good fellow, a tramp, but my heart, my emotions, tell me that I love him and I suffer and get sick; what is the matter with me?” Then she takes the proper homeopathic medicine and after only one or two or maybe four weeks, she comes back and even to her surprise she says: “Thank God, doctor, my headache is gone, my body feels better, my heart feels better and even my mind sees things differently; I don’t know what did you do to me but keep doing it!”

That doesn’t mean that she has changed idiosyncrasy. That, simply means, that her flow of Etheric Energy has been unblocked. Subsequently, there comes a weakening of the idiosyncratic influence and this permits her psyche and body to function more normally. That’s the

reason why I claim that Idiosyncrasy is definitely something negative, something that binds us to the inferior Diversity World, to illusion.

The more we clean our Psyche from dirt, the more we function less obligatory, less predictably and more free. That's why I say that Idiosyncrasy is an obligatory, freedom lacking way of thinking, feeling and behaving; a negative way; an illusion; a way that brings imbalance, misfortune and disease.

Idiosyncrasy determines the kind of illness we will develop and its characteristic symptoms; furthermore, it determines, up to a certain point of course, his choices concerning work, love relations, family relations, sexual attitude, social and political ideas, religious behavior, the way he dresses and eats and almost all things in his life.

### **7.6 Idiosyncrasy is only an external self and not our real self**

It is a common thing for my patients to say: "I am so irritable and do wrong things but that's my character, that's myself, that's what I am" or "I am so sensitive and always get involved with the wrong people but what can I say, that's my character, that's what I am, I can't help it, I can't do anything else" or "I am so giving and I trust people so easily and this has cost me a lot, but I can't be but myself".

We have to understand that Idiosyncrasy is only our external self and not the deeper real self. Idiosyncrasy has to do with part of our Sensual and Intellectual Psyche, part of our Etheric Body and part of our Material Body. Our internal real self has to do with our Conscience and Individual Spirit. Idiosyncrasy has to do with imbalance, weaknesses and bad self; it's what makes us differ from others. Our inner self has to do with balance and good; it's what makes us resemble to the good nature of other human beings.

So, whenever we tend to identify our whole being with our external self, with our present Idiosyncrasy, we are wrong. Then, the cost is very high because we identify our self with illusion and imbalance. And what's worse is that when you say "this is me" then it is very difficult to oppose to yourself and change; then you lose any chance to get over your present idiosyncrasy. That's why it is so important for anyone to acquire the knowledge of idiosyncrasies.

Someone could say: "But, that is the job of doctor; how can an ordinary man learn about all idiosyncrasies so as to free himself? Should we all become homeopathic doctors to be able to help ourselves?" First of all, we have to understand that Homeopathy is based on Universal Laws and as all deep truths is simple and comprehensible. So, knowledge of idiosyncrasies is tangible and simple for anyone who has the will to learn. Don't forget that "when there is a will, there is a way".

Furthermore, it isn't necessary for someone to know all idiosyncrasies in the same depth needed by a homeopathic doctor. The goal isn't to be able to be a doctor and prescribe for patients; the goal is to realize that there are idiosyncrasies that affect us and force us to think, feel and act as if illusion. The first step is to realize that and the second is to observe ourselves and say every time we do something: "Why do I do this? Is it something natural, is it in respect to Universal Laws or is it something that my present idiosyncrasy drives me to do it? Will it make me a better Man or a worse one?" The third step, is little by little, to change my way of thinking, feeling and acting towards normal.

Idiosyncrasy means passions; the only being, absolutely free of passions, is God, the Creator. As we go down from World of Uniqueness and enter Diversity World, then passions appear and so does unhappiness and disease.

-You mean to say that there is no such thing as good idiosyncrasy?

-Yes, that's what I indeed say. Idiosyncrasies are our cross of torture that we carry from our birth through all our lifetime.

### **7.7 Idiosyncrasies and Karma or Destiny**

Let me now tell you something very important. You must have heard a thousand times about Karma or Destiny. Usually, it is something very theoretical and it isn't clear how it is applied in every day; what is the mechanism that is responsible for the function of such a law? You see, the Law of Karma is directly connected to the Universal Law of Action and Reaction.

Well, it was a great surprise to me also, when after many years or research, I realized that Law of Karma-Destiny *is directly applied through Idiosyncrasies!* The past and present Karma are carried out through Idiosyncrasies! I am born with certain Miasmas and idiosyncratic influences according to my actions in my previous earthly life.

I am certain, that many of you have strong objections about the existence of previous earthly lives. I do respect that but let me tell you something: it is a fact that we are born different and die different. Some believe that there is no logical explanation for this and that God or Nature is unfair because we come to Earth and others start their lives in such good conditions and others in such bad conditions. So they say: "What have I done to deserve such suffering" or "When did this child have the time to do such bad actions so as to start his life with such heavy reactions? Life is so unfair".

Another fact is that a mother gives birth, in a few years, to three children. They are raised under more or less the same conditions and given the same care and love but from the beginning of their lives the one is the irritable and bad tempered guy, the other is a little angel and the third is

somewhere in between. So often parents wonder and say: “How on Earth did this happen although I have given them the same love and care?”

The answer is that these different idiosyncrasies are the results of different actions in previous earthly lives of these three different Individual Psyches. That explains why our lives are more determined from inherited factors and less by environmental; we have lived many lives in the past compared to the present, so there is pretty much chance that we have done more and thus cropped more.

### **7.8 Can we change our idiosyncratic inheritance?**

-Can we change this idiosyncratic inheritance?

-For most people, not much can be done, I am afraid. Let me again introduce you to the holistic way of thinking, which as I told you is the main goal of these lectures. We must see at the same time the whole and the parts, so whenever we examine Man we must see him first as a whole being and then as levels or bodies.

We can't change our Individual Spirit. There is nothing bad or imperfect there to change; it is good by nature and it is the light that drives away darkness, if of course, we allow it to do so; there are no dark spots in a light. The same thing stands bold also for our Conscience, since it is the “child” of our Individual Spirit. We can't change our Conscience, but we can respect and listen to it; we can have it as our wise guidance; our personal wise master and teacher; our good angel. This is the basis of every moral and psychic evolvment.

If we can't change the above levels, then what can we change? During our lifetime we can't change the basic specifications of our Material Body; we cannot change our DNA. We were born short or tall and will stay short. We were born with blue or brown eyes and we will stay that way until our death.



It is of course a fact that if I am born with the DNA information “tall”, then I will not develop as tall as specifications say, if I don’t eat well or exercise. It is also a fact that I may be born with the specification “weak skeleton” but if I eat correctly and exercise a lot, then my bones will become stronger. If, of course, I have bad specifications and eat junk food and don’t exercise then I will become even worse than estimated.

Why does nutrition and exercise change the final result? It is because they act on my Etheric Body. Whenever I breathe, eat or exercise, Etheric Energy from the Etheric World enters into my body and flows sustaining my vitality and my physical functions. Moreover, if my thoughts and feelings are normal and natural I enhance this flow of beneficial energy and don’t block it.

This means that I take the maximum advantage of my Etheric Body’s karmic specifications; of course, that doesn’t mean that I can change these specifications in a radical degree; they stay the same until my death. Let me give you an example. I am born with the specification “greedy” and usually die with the same tendency. But if I try to eat healthy and restrain myself then I will control this tendency; I may never change it but I will control it.

Another example: I am born “cold” because I am very yin, very psoric; it is a rare thing to change to “hot”. I am born sexually “hot” as etheric specification; this doesn’t change easily. I am born with low sexual tendency; it is very difficult to become a “sex machine”.

You see, physical specifications don’t change at all during a lifetime and etheric specifications can change only a little. But what’s promising is that we can change our Intellectual Psyche a lot; it’s what we call cultivation of the Mind, or psychological cultivation, or psychic

evolvment. I can study philosophical, ethical and religious books and at the same time try to become a better human being, each and every day of my life; this, I can do; I have this ability, I have this gift given from God.

We may carry our Karma and specific miasmatic and idiosyncratic specifications and burdens at the beginning of our lives but it is not a vain thing to try to be good and right. Why so? Because in the same way we bring with us the fruits of previous lives to this life, in the same way we can carry with us to next life the fruits of this present life. “Nothing is wasted, nothing gets lost, not a thing is done in vain; nothing is born from zero and nothing dies and goes to zero”: this is a Universal Law and not just words. It is the Law of Action and Reaction, the Law of Destiny-Karma.

Even if someone does not believe in successive earthly lives and as a modern Christian, Muslim or Jew believes that he lives one life and then goes either to Heaven or to Hell then his present life is not in vain. He will “crop the seeds he had sown”, as Jesus said, and this is indeed the essence of the Law of Action and Reaction. So it is not in vain to do correct choices during this lifetime.

-It is a little difficult for me to understand what you have said before. You said at first that nothing changes from our specifications but then you said that the environment affects us and changes us.

-We have to be specific. When you say changes, it matters a lot at what part of the whole human being you refer. Do you mean the Material Body, the Etheric Body or the Intellectual Psyche?

-You have told us an example of a child that when is born he already has that gift... for example you said something about sexuality.

-It is very important, whenever we say something, to be precise and think in a holistic way. If we examine for example sexuality we must bear in mind that this function is not only a physical, material function. It concerns the whole of a human being. At the physical level we must refer to anatomy and physiology of sexual organs and their specifications. These are granted and cannot change as specifications, as anatomy and as type of physiology.

But if we want to speak about sexual tendencies, that is, sexual temperament, it is then a fact that we move to another higher level, to Etheric Level. A person, according to his specifications, may be more active and less active on this field. Compared to Physical Level, where there are zero changes in material specifications, we could say that at this Etheric Level there are some, at least a few, possibilities and only for few people, to have changes of etheric specifications in this lifetime.

But if I live a very healthy and natural life and respect my Etheric Body in this present life then, as wise men say, in my next earthly life I will have improved specifications as concerns my Material Body. You see the rule is that the fruits of one level at this life pass to the next lower level in next life. Accordingly, if I evolve and cultivate my Intellectual Psyche now, I will have a better, improved and evolved Etheric Body during my next life. But you see in this Binary World things work both ways: if I deteriorate my Intellectual Psyche now, then I will have a weak and imbalanced Etheric Body during my next life.

So at the Intellectual Psychic Level there are many possibilities of change; I can be more moral; I can be a better man; I can cultivate my mind and soften my heart. I may have inherited bad specifications from previous lives but I can change my behavior now and change etheric specifications in my next life. I may have a wild animal inside me roaring but I can tie it down with the leash of my Conscience and control it and behave more like a human being than like an animal. (laughter)

## **7.9 Idiosyncrasies are but improper clothes that we wear over our real internal self**

It is true that we are born with certain Miasmas and certain idiosyncrasy. It is also true that we change idiosyncrasies during our lifetime. This means that we tend to be influenced by certain relative idiosyncrasies according to our Miasmas. Be careful! Idiosyncrasies as general tendencies do not change.

For example Natrum Muriaticum idiosyncrasy has the same picture and tendencies the last 250 years that we have discovered it through Provings. It was like that before we discovered it and will be like that for the next hundreds of years I suppose. It is something that exists as negative power of Nature outside of me, outside of Man. It affects us but exists independently of our existence.

Idiosyncrasies are not our internal self but our external one. If we could say that our internal self is our material body then idiosyncrasies are but the clothes we wear, which indeed, are never the proper ones; they tend not to fit our body or our real needs. Just think for a minute that you wear very tight jeans. Doesn't it restrain you? Or think that you wear extra large trousers; it is possible that you will stumble and fall. You could also think that, although it is very hot day, you wear a fur; how comfortable can you be?

So, think about idiosyncrasies as improper clothes that we wear every day. We keep changing clothes according to our will. If I want to be a fatal woman then I will always wear "fatal" clothes where ever I go, even when gardening or washing the toilet and this will make my life difficult. If I want to be a dirty rugged philosopher I will go to a party and nobody will talk to me and I will never find a mate (laughter). So you see my idiosyncrasy is always going to give me a hard time.

If I want to be a successful politician or business man then I will always wear a nice costume and tie and do public relations: “My dear, how are you? You look so pretty? How are your wonderful kids?” If I want to be a hippie then I will wear ethnic clothes and have long hair and flowers on it. Can I go to the court and address a strict conservative judge with such an appearance? It is almost certain that he will convict me and sent me to prison. (laughter)

Life keeps changing, so the natural thing to do is to adjust myself and my behavior. If I cannot adjust freely then I will have problems. That’s what idiosyncrasies do; they make it difficult for me to adjust because they force me to remain the same predictable limited guy although conditions around me change radically.

If I turn the wheel right then my ship goes right. If I turn my wheel left then my car goes left. According to my wills and goals, my external self turns to that direction and I am influenced by those idiosyncrasies that correspond to my wills.

### **7.10 How free are we?**

Are we, humans, as free as we think we are? Are we the captains of our ship? Are we completely free or are we completely slaves to our Destiny and external conditions?

I believe that our grade of freedom depends on three factors: Firstly, it depends on the past; it depends on the fruits we carry from past lives, that is, Past Karma or Destiny. Secondly, it depends on the present Karma or Destiny; it is defined by the right or wrong choices we make every day during this earthly life. Thirdly, it depends on our future goals.

Just compare our situation with a commercial company. Its' present year course is defined by the money it has gained last years. If it has a good reserve fund then she has much more options; furthermore, it can resist harder in damages to come. If it has a poor or negative reserve fund then its present and future isn't the brightest. So you see past defines the present and present defines the future.

-Whenever you describe a human type, like for instance Nat.m, is it always necessary to have these or that certain characteristics? Could it be that they may be this way and that way?

-Thank you for such a nice question. Idiosyncrasy is about tendencies, basic tendencies. But life often has other plans and is not predictable. These primary tendencies may lead to this or that direction according to external situations like family, education, society, stressful events, personal decisions etc. It is the same thing that happens in Biology where you have one "genotype" but it can lead to many "phenotypes", even opposite ones, according to conditions.

Let me give you an example: We said that Nat.m idiosyncrasy has the tendency to be idealistic. If she is raised in a Christian family she will become a faithful Christian woman, a conservative woman with strict morals. If she was raised in a communistic family then she may become an idealistic atheist with communistic ideas. But in both cases what matters is that she is going to be faithful and idealistic. She will never be a hypocrite like other idiosyncrasies for example. Of course it is a rare thing for a Nat.m subject to become an atheist. Nat.m subjects tend to become teachers, social workers or persons who care about others; it is so unlikely that they will become a horn or a lazy person who lives spending others money.

-Wow! My friend that I have told you that I suspect she is Nat.m is indeed a teacher! Is that accidental?

-I don't think so! We don't choose profession or companion accidentally. Our preferences concerning furniture, colors, food, style etc are not accidental. In fact, nothing in Universe is accidental. There are Universal Laws, levels, conditions, karma etc and all these produce diversity and the final result. Homeopathy teaches us all these factors that influence our lives and determine our present and future. Homeopathy helps us learn both others and our self. Isn't that incredible!

If one of us, a town boy, goes to the countryside, he may identify four or five trees and two or three flowers. But still he will not know their properties and usages. If he studies to become a botanist, then he will know all these things, he will be able to fully identify all these trees and plants. A man that lived for years in the jungle can identify every sound he hears and any trace he sees. A homeopathic doctor that knows idiosyncrasies well, can identify the idiosyncrasies that affect those around him either sick or healthy.

### **7.11. “Know thy-self” and “Know thy-idiosyncrasy”**

But even an ordinary man, if introduced to a general knowledge of idiosyncrasies, can identify most idiosyncrasies and several idiosyncratic characteristics of other people or of himself. This will enable him to view himself more objectively. I must be honest and say that this ability of self consciousness, of course, is not an easy thing to achieve. It's easy to see other people's faults and very difficult to see our own.

That is the reason why Heraclitus proudly said: “I have known myself!” He considered it so hard to be accomplished and so he was so pleased to do it. Other ancient Greek philosophers said: “It is so hard to know thyself” or “Know thyself” or “if you know yourself then you know the whole Universe”.

We have already said too much, but yet so little compared to Truth. Truth resembles like a hopeless tangle but whatever string you pull you will end on the central knot because all are connected to the “One and Only”, to Universe, to God.

All true religions, ideologies, sciences and philosophies have the same core of Truth. No matter from where you originally begin you will end up in the same core of Truth. All mythologies say, more or less, the same story, the story of Universe. We have to do with the same one Universe and the same one Truth. Let us bear in mind the wise words of Plutarhus: “Truth was a mirror in Heaven. It fell to Earth and broke into a thousand pieces. Since then, any mortal that finds one piece thinks that he has found the whole Truth!”

Enough for tonight! Have a nice evening.



## **CHAPTER 8**

### **CAUSES OF DISEASE**

**8.1 Homeopathic Medicine is based on laws**

**8.2 Homeopathy and Human Typology**

**8.3 What is Disease? What is Health?**

**8.4 What part of Man becomes ill?**

**8.5 Material Causes of Disease**

**8.6 Energy Causes of Disease**

**8.7 Etheric Causes of Disease**

**8.8 The etheric “body” of food**

**8.9 Etheric intake by breathing**

**8.10 Psychological Causes of Disease**

**8.11 Personal Opinions and distresses**

**8.12 The role of Idiosyncrasy in Disease**

**8.13 Consciousness and Disease**

**8.14 Socrates and his “Obstetrics” method, Jesus and Christianity**

**8.15 True Good and conventional “good” and “bad”**

## **8.1 Homeopathic Medicine is based on laws**

Good evening. During our first lecture we have discussed extensively about Universal Laws and proved that Homeopathic Laws origin from these Universal Laws. That is what makes Homeopathy a scientific Therapeutic System. Accordingly Chemistry, Physics and Mathematics are also true sciences because they are also based on Universal Laws. These laws have a general validity independently of time, space and observer.

Contrary to the above, today's Allopathic Therapeutic System prevailing in Western Medicine is not based not even on one diagnostic and therapeutic law with general validity. That's the reason why every single year many chemical drugs are withdrawn from the market as toxic or ineffective although they were approved as safe and efficient after years of laboratory and clinical research.

## **8.2 Homeopathy and Human Typology**

During our second lecture we dealt with Idiosyncrasies or Human Types. Since ancient years Hippocrates, Theophrastus and relatively recently, Pavlov, have tried to set the foundations of a Human Typology. The goal was to group people in teams according to an objective and scientific way and not according to theories.

Moreover, this Human Typology should have a useful application in Medicine, Psychology, Sociology and other fields. Homeopathy, through Double Blind Trial and the scientific method of Proving, has identified and noted down in a huge Homeopathic Materia Medica most of the Human Types, which in Homeopathy we call Idiosyncrasies.

Furthermore, this detailed Homeopathic Materia Medica was enriched from the homeopathic clinical practice of more than 250 years. So, today, we have the detailed description of Idiosyncrasies that influence not only

our body and our predispositions for disease but also our thinking, feeling and behavior. According to the Law of Similars, Homeopathy administers each time that energy homeopathic medicine that suits not only the symptoms of the patient but his idiosyncratic picture as a whole.

### **8.3 What is Disease? What is Health?**

Let's now proceed to our third lecture. Our subject today is focused on the fundamental question "Why do we get sick?" In order to answer satisfactorily this question, we have to answer first the question "What is Disease?" Can I have your opinions, please?

-Disease is the imbalance of Man.

-It is true to say that Disease is an imbalance, that is, a loss of balance. Balance is the primary situation and imbalance a secondary one. Accordingly, Health is the primary state and Disease a secondary state that originates from the lack of the first. You see, first you have to examine what is natural and then what is unnatural.

Again, I point out to you, that the main goal of these lectures is to try to teach you the *holistic way of thinking* which is based on Universal Laws. According to Law of Hierarchy we have to respect hierarchy across any line of thinking. We must always ask what is primary and what is secondary; what's on top and what's on the bottom; what the cause is and what the result is in any given situation.

For example, in order to say what darkness is, I must define first what light is, because darkness is but the absence or obstruction of light. Before we say what blindness is we have to say what vision is. We must know that ignorance is lack of knowledge and so on. Secondary things or results, always originate from primary things or causes.

Furthermore, we must also respect Law of the Unity or Whole which tells us that first is the Whole and then the parts and that in the Binary World that we live in, one must know that opposites are complementary situations and origin from the whole. So we must not examine Health and Disease separately but always in relation and as a whole.

For example, today we examine life separately from death, day separately from night. Nothing in Universe is born from zero and nothing returns to zero. All things rotate in cycles; all things are in constant motion and transformation. “Everything flows” as Heraclitus said and this is another Universal Law as we have already said in our first lecture. During this perpetual motion there is a successive chain of causes and results, the one giving birth to the other.

For some of you, such matters may seem, at first glance, as too theoretical or philosophical, without any profound use and value but I must disagree. Unfortunately, Medical Schools, nowadays, don’t bother to discuss such matters. Not even more relevant matters like what Health is and what Disease is. Isn’t that pretty strange? How can you study hundreds of illnesses for so many years and never discussed what Disease is? How can you try to cure and bring back Health for so many years without ever discussing what Health is?

Moreover, how can you treat human beings as a profession for years and years and never have discussed what Man is as a creature, as a being? All these imbalances and illnesses concern always Man. If I don’t know what Man is how can I diagnose his imbalances and treat them?

Isn’t it obvious that an engineer in order to fix a car must first be taught what car is? He must know the “anatomy” of a car, its “physiology”, that is, its function and of course the purpose of its existence. I must fix a

machine in a different way if its purpose is to fly and in a different way if it is made to hit the road. If I don't know what's normal for it how can I fix it. And if this is true for a machine then it is ten times true for a living creature and especially Man.

So, questions like the following are not theoretical but crucial to any diagnosis or treatment: "What is Health?", "What is Disease?", "What is Man?", "What's his relation with Universe and God?" "What's his purpose of living?", "What's the meaning of life?", "Are Disease, old age and Death inevitable?"

It's because we haven't discussed such philosophical but crucial questions, that we have come to a point of insane promises on the part of Allopathic Medicine: every now and then allopathic "scientists" promise that "in a few years" Medicine will do away old age by transplantations of any kind or that in a few years illnesses and cancer will be abolished. Isn't Allopathic Medicine playing God?

If you have a materialistic and mechanistic idea about Man then you end up in considering him as a machine; you can replace any part any time you like. You may also produce spare clones for every person, put them in the fridge and every time you need a part, cut it out and transplant it. Creepy? Yes! Unnatural? Yes! Frankenstein like, situations? Yes!

#### **8.4 What part of Man becomes ill?**

So, in order avoid such insane situations, we have to see things again from scratch in a more scientific and natural way, that is, according to Universal Laws. Thus, before anything else, we must decide what Health is and what Man is and then built on it diagnostic and therapeutic systems. So what is Health after all?

-The natural, normal state of Man; a state of balance.

-True, but balance with what? You see in order to have balance you need two parts; balance with what?

-Balance with Nature.

-Very good! So, according to what you have said, if Man is in balance with Nature then he is in a state of Health. Do you think that we have finished discussion? No, because another two questions pop out: What do you mean by Nature and what do you mean by Man? What part of Man?

-Both body and psyche.

-Very good! Because, if I believe that Man is only a material organism, then I must examine if Man is in balance with the Material World only. Let me give you an example from every day clinical practice of Allopathic Medicine. A patient with psychosomatic symptoms goes to the internist and does all examinations possible concerning his material body: x-rays, blood tests, CT scan, MRI, ultrasounds etc. The allopathic doctor proudly says to him: "You've got nothing; everything you feel are in your imagination; you are not a patient, you are just hypochondriac!"

Please, do give notice to the exact words used: "You are not a patient" even if you have numerous psychosomatic symptoms as long as there is no pathology to the material body! The patient gets angry and says: "Wait a minute doctor; are you implying that I lie to you? Are you saying that I pretend to be sick or that I imagine things, that I am lunatic? How can you say such a thing! I am in pain and frustration, I have so many symptoms, I quit my job, I get no joy from my family, I am not a normal man and the only thing you have to say to me is that "You have nothing".

What normal do you see in me? What healthy do you see in me? Where is my balance?"

I am certain that you will agree with me that right is on the side of the patient. But how can a doctor, a scientist, be so profoundly wrong? It is because all his medical education was built on wrong foundations. They kept telling him that Man is only a material being; a biological organization that consists only of matter organized in cells, tissues, organs and organic systems. Furthermore, these organic systems cooperate with each other and function as a whole with the help of the brain which is also only a material organ.

Thus, anything that we can't measure, weigh or photograph simply cannot exist. So, when an allopathic doctor does all the material examinations and nothing pathological comes out then he is "scientifically" justified to conclude "you have nothing! You are just imaginative! You just have false ideas and sensations"

But what's an idea? What's a sensation or emotion? Allopathic Medicine claims that thoughts and emotions are just secretions of the brain or are produced by the secretions of the brain; they are just chemical products. But if it was so then they could have been materially detected. If on the other hand they are produced by secretions of the brain but still cannot be detected then we come to the conclusion that they are immaterial.

That's a fact! A fact, that even most allopathic doctors, do accept. But even when they accept it, still they refuse to examine it as if it has nothing to do with Health and Disease. They say that "these things are metaphysical" or just "imaginations" and are "in the field of religion, philosophy or Metaphysics". They say that Medical Science cannot deal with these things because they cannot be measured! What an ostrich like behavior! If I don't look at a thing it ceases to exist or it exists but it does not affect me! That is the reason why they treat psychological illnesses by

suppression of the brain functions through chemical drugs as if they are material illnesses.

What a great difference from Modern Physics which is indeed a true Science. Modern Physics is not materialistic and mechanical. It deals predominantly with Energy and energy fields and secondary with Matter. It is obvious for Modern Physics that there exists an Energy World and a Material World and that the first one is primary and the second one is secondary. So does Chemistry and Mathematics. The only Science that refuses to deal with Energy is Allopathic Medicine. If Man is a child of Mother Nature then he consists not only of matter but also of energy.

Our matter comes from the Material World outside; there is not one single atom or molecule of our body that did not come from the Material World. We keep interchanging material substances with the Material World during our whole life. Accordingly our lower forms of Energy like heat, electricity, chemical, magnetic etc come from the Lower Energy World outside; we keep interchanging lower forms of Energy with the Energy World during our lifetime. The same thing happens with our Etheric Body; it keeps interchanging Etheric Energy with the Etheric World from which it originated during pregnancy and to which it returns after death.

So, isn't it justified to consider that our psychic "material", that is, our thoughts and emotions, do come from the Psychic World outside? Isn't it justified to say that we have a constant interchange of thoughts and emotions with the Psychic World and that our Individual Psyche is just a "child" of the Psychic World? Accordingly, our Individual Spirit is the "child" of the Spiritual World.

All these are in accordance with the Universal Law of Analogy. This law tells us that there are several hierarchical levels in Universe. Each lower level is produced from the higher one and obeys in the same Universal



Laws. Due to this unity, each level is in analogy with the others and due to this hierarchy any “body” found into Man, which is a part of Nature, comes from the corresponding World of the Universe, which is the whole. In simple words specifics or parts come from the whole, so our Psyche and thoughts and emotions come from the Psychic World outside us.

As we have said in previous lectures we can divide Individual Psyche into three levels. Sensual Psyche, the lower one, connects us through brain and senses, with the Etheric and Energy-Material World. Intellectual Psyche which is in the middle of the system and is the “manager” has to do with thoughts and emotions and brings us in contact with the Psychic World. Conscience Psyche, the higher level, connects us to the good nature of Consciousness, to the Individual Spirit and through it to the Spiritual World outside.

Intellectual Psyche, being the manager of the whole Psyche and the whole human being, can bring us in contact downwards to the Material World or upwards to the Spiritual World and God. That explains the etymology of the Greek Word “An-thropos”. It comes from the words “ano” and “throsko” that is “upwards I look”. You see Man is the only living creature on Earth that has Conscience so as to guide him to look upwards and come in contact with the Spiritual World and God.

Why do I say all these things? Because we must define what levels of Man, Disease can affect? Can it affect only the Material Body or other higher ones too? Moreover, the factors that cause Disease, come only from the Material World or from higher ones too? Do you understand now what do I mean when I say that Health means balance with Nature or Universe and its levels or Worlds?

## 8.5 Material Causes of Disease

Let's begin with the most tangible and easy to examine body, the Material Body. What can imbalance Material Body and cause Disease? What Material Causes can imbalance our Material Body?

-Food.

-Food, of course. If I drink a poison then I will get sick and die. What is a poison? A substance that is not at all compatible with our Material Body, with our biochemistry and physiology. Notice, however, that what is a poison to us, may be food for other creatures. What kind of food may become a material cause of Disease? Unnatural food, of course; unhealthy food; junk food.

What makes a food natural or unnatural concerning Man? In order to answer such a question we have to decide what the nature of Man, is. You see again how important is to answer to such "philosophical" questions? I mean, if Man is carnivorous, vegetarian, fruit-eating or omnivorous? Not what he is doing now, but what is his nature concerning nutrition; how is he created to be?

For example, nowadays, we force cows to eat meat products, fish products, garbage, chemical compounds etc. Is it accidental that they develop strange illnesses like for example the "mad cow" illness? I think it is fair to call that illness the "mad man" illness because, *we* are the ones, that choose what cows should eat and unfortunately, our only motive is not the interest of the animals but only profit.

So we have to decide or discover first what is normal food for a Man so as to be able, secondly, to decide what is unnatural; because then we will avoid this unnatural food and be able to preserve our balance and health. I

claim that it's not Man that heals but Nature. The only thing, the only wise thing that Man has to do, is to take away the causes of Disease.

Take for example our arbitrary actions towards a burned forest. What do we do? We invade the burned forest with excavators so as to dig and plant young trees. Stop for a minute and think: is this normal? How does Nature reforestation if we leave her alone? During the first few years there will be plenty of weeds that make soil fertile to bushes that will start growing after the first year. As bushes grow they create favorable conditions for trees to grow after a few years. Finally after five to ten years you have a new young forest.

What do we do? We by pass this natural procedure and go straight to trees. This means violation of the natural hierarchy and thus side effects, cost and problems. Not to mention that usually we don't do reforestation but we just invade the forest with goats and turn it into a meadow or go there and build country houses and sell them just to profit.

So you see, it is not Man that heals; it's Nature, Universe, God, the Creator - call it as you like, nothing changes. The only thing we can do is to remove the Causes of Disease and act therapeutically according to Medical Laws that origin from Universal Laws.

If Nature, Universe, God, didn't place therapeutic defense mechanisms inside our existence so as to have the ability of self treatment, then, we, doctors, could never heal not even one person. You see, our sole responsibility as doctors, is to remove all Causes of Disease and help in a natural way the natural self healing mechanisms placed inside us by Nature.

It's a tragedy that Allopathic Medicine very often suppresses these healing mechanisms instead of helping them. No wonder, why according

to the World Health Organization of the United Nations, about one third of illnesses are caused by chemical drugs or medical interventions. Just think of it: One third! In simple words, for every three people that go to a doctor, one gets sick or becomes worse than before! This is what scientific research showed, that is, what they manage to reveal. How many more side effects weren't we able to find out? Any other Material Causes of Disease?

-Cold.

-Yes, cold. You are referring of course in weather conditions like heat, cold, wind, humidity or dryness of the air etc. We could also consider material causes of Disease all kinds of injuries. Other material causes?

-Smoking.

-Yes, of course. Any kind of unhealthy habits: smoking, alcohol, drugs etc. We could also mention chemical compounds in our food, water or air, pollution, intense labor, lack of sleep etc. So, to summarize, Material Causes of Disease have to do with Nutrition, Weather conditions, Injuries, Pollution and Unhealthy Habits.

## **8.6 Energy Causes of Disease**

Now let us proceed to the Energy Body of Man that has to do with lower forms of Energy like electricity, magnetism, heat etc. Can you think of any Energy Causes of Disease?

-External factors?

-Yes, for example extreme weather conditions that can cause heat stroke, burns, frostbites etc. We have placed, not long before, weather conditions as material causes but it is true that they are indeed Energy Causes of Disease. To go on, anything that produces extreme excess or extreme lack of energy may cause Disease. For example, excess of electricity may cause electric shock, cardiac arrest and death; excess of several forms of radiation or excess of noise may also cause Disease.

## **8.7 Etheric Causes of Disease**

It's time to proceed to a higher level, the Etheric Level or Etheric Body. What can cause imbalance to our Etheric Body?

-Lack of Etheric Energy.

-So right! Indeed, our Etheric Energy, contrary to our matter is not so much imbalanced by quantity but more by lack or by flow blockage. This happens because we have to do with something flowing, something live and not stable. As Acupuncture revealed, a blockage of the flow of Etheric Energy can cause excess in one part of the body and lack in another; this, in turn, will cause imbalance to the Material Body and finally illnesses.

So you see the goal of the acupuncturist is to restore the flow of Etheric Energy by inserting needles in certain crucial points along the flow. These needles are metallic so as to permit to Cosmic Etheric Energy to unblock the flow either by entering the human body or by receiving the excess of Human Etheric Energy. The balancing of our Etheric Body causes also balancing of our Material Body and restores Health.

So, any external factor that can cause excess or lack of Etheric Energy inside our body can cause imbalance and if it acts for quite long then may also cause illnesses. This mechanism I have described may be responsible for the effects of the so called "evil eye". It can also explain why bad nutrition or polluted air can cause illnesses. You see, food and air don't only have a material "body" but also an etheric "body".

## **8.8 The etheric "body" of food**

Whenever we refine our food, or add chemicals or overcook it, we not only change its chemical composition, but we also alter its etheric state. This alteration of the etheric state of a food explains the difference between fresh food and stale food. A stale food nourishes only our

material body and not our etheric one. Do not confuse etheric body with the chemical energy of a food measured in calories.

Any unnatural refining or cooking causes alteration of its etheric body and this hastens decomposition of material body and creation of toxins. That is the reason why we often suffer from food poisoning and gastroenteritis or intestine problems. Refining or cooking also destroys vitamins and minerals and produces toxins and free radical roots that are harmful for our body.

Further decomposition produces a fertile ground for the growth of bacteria and fungi which are the “garbage eaters” of Nature. These microorganisms complete the decomposition of any organic food turning it into simple compounds serving recycling.

Food poisoning is not the only or most harmful condition for Man. There are more severe effects of a more chronic and hidden nature. Let me explain what I mean. You eat a spoonful of pure honey. You feel full; content; you don't want anymore; saturation was complete. This happens with any kind of pure, natural food. Small quantities are enough; it is not a matter of quantity but rather of quality. It meets your need for taste, nutritious components and Etheric Energy. Hallelujah!

But what happens if you eat refined sugar, that is, white sugar? You start eating and forget to stop; there is no saturation; no wonder why so many people have a passion about sugar and none about pure honey. You drink a glass of freshly squeezed orange juice and that's it; you don't want more; you have been satisfied as concerns taste, nutrients and etheric energy. But try that with refreshments that are full of sugar and unhealthy ingredients; you want to drink more and more and never be contented.

Try eating more than one, top two, slices of whole wheat bread; you can't because your organism says "enough". But when it comes to white refined bread, full of chemical additives, then you may eat a whole loaf and want even more. Moreover, it is not good for your health and adds kilos to your body.

To summarize, any pure, natural, unrefined food causes taste satisfaction, nutrient and etheric satisfaction; this has a beneficial effect on our health state and no creation of passions. Any refined, unnatural food may satisfy our taste temporarily but usually drives to lack of saturation, passion and overeating. It not only fails to supply us with natural nutrients but also adds to our body harmful ingredients. Moreover, it doesn't nourish our Etheric Body. If such food is eaten for months or years, it can become a material and etheric cause of Disease.

### **8.9 Etheric intake by breathing**

Breathing also consists of two components: the material intake of oxygen and the immaterial intake of Etheric Energy. When we smoke or when we breathe polluted air, we are affected both materially and etherically. Mountain air is not only clean and rich in oxygen; it is also rich in Etheric Energy. A room full of electrical devices, not well ventilated, lacks Etheric Energy.

A place crowded with joyful and positive people differs etherically from one full of people with negative attitude and intentions. The first one tends to make you warm hearted and joyful and the second one makes you feel "empty" and stressed, as if someone has sucked up all your energy.

All the above are Etheric Causes of Disease. We have to discriminate and examine things, first as a whole and then level by level. It is against

Universal Laws to see all things mixed up without order and discrimination; it wouldn't be a scientific and logical approach.

### **8.10 Psychological Causes of Disease**

It's time to deal with Psychological Causes of Disease. What do you think that can affect our Individual Psyche and cause Disease?

-An intense distress.

-What does distress mean (etymology in Greek)?

-To have very little space.

-Correct. Distress, literally (in Greek language) means to be squeezed in a small place; here, of course, we use it metaphorically for the psychological level. We must take in consideration that what is a stress for me may be even a joyful situation for another. So we should consider as Psychological Cause of Disease, not the external fact but the subjective interpretation of this fact, done by the individual.

For example, a divorce may drive someone to commit suicide while somebody else may start dancing, yelling and giving parties. So you see, what counts more, isn't the fact but its interpretation by me. What does mean interpretation? Who does this kind of work?

There are several parts involved; First, my memory, that is, past experiences; then my views, principles, beliefs, wills, ideology; then my idiosyncrasy; then my present state of balance.

That reminds me of a relevant story. A patient with low self esteem goes to the doctor; she has appointment at 5 p.m. If the doctor delays her then she says to herself: "he delays me because he doesn't appreciate me". If he examines her earlier than planned, she says: "he wants to end as soon



as possible with me because he doesn't appreciate me". If he examines her exactly at 5 p.m. then she says: "he is just a robot and I am just another ordinary case for him; he doesn't appreciate me" (laughter)

In all the above three cases, the individual tends to interpret three different events by the same idiosyncratic tendency ending up at the same arbitrary and predictable result; she judges others *by herself*.

-What person does this?

-People who have low self esteem. If we want to speak more specifically and refer to certain homeopathic idiosyncrasies we would say a Thuja idiosyncrasy or a Gelsemium idiosyncrasy.

### **8.11 Personal Opinions and distresses**

So you see, what we end up calling distresses are at originally, just facts, events; they are not good or bad by themselves; we can refer to them as neutral; *we*, are the ones, as subjects, that characterize it as good or bad. Notice one great and very important difference between Material and Psychic World. In the Material World a poison is more or less a poison for all people; a certain food is more or less healthy or unhealthy, more or less for, all people; smoking is bad for all. But in the Psychic World things are different.

As Heraclitus said: "To those awake, World is one and only one; sleeping people, live each one, in their own world". You see, each one of us lives inside the borders of his own, small, individual world.

You see, Mary's dream is personal and belongs only to her; she lives in her own world. Georgia sleeping next to her also has her private dream, her own world. When awake, they both live in the same World; they will see the same objects around them and live in the same environment.

However, Heraclitus does not speak literally. He uses parables; that's why they call him the "dark" philosopher. When he uses the word awake he definitely means awaken, that is, people awaken from the illusions of our everyday life. He says that those few people that have got over the illusions of Diversity World and have touched real Truth, live in the World of Uniqueness which is one and only one, common for all awakened people. All saints, see and say the same things while the majority of people although live in the same external World, see things differently and act differently. "Sleeping" people tend to interpret events in their own private way according to their idiosyncrasies, past experiences and present state of balance.

Let me give you an example: this very moment that I speak someone may say "boring!"; a second one may say "interesting"; a third one may say "he is so delusional". (laughter) Each one of us sees things differently; sees different aspects of the same thing or event.

Fanatic people tend to see things in an absolute way: this is good, that is bad, this is a friend and that is an enemy. They can't see unity amongst diversity; a fanatic Christian considers a Muslim as enemy and vice versa. A fanatic Greek sees a Turk as enemy and vice versa. You may see a fanatic Christian killing a Muslim and vice versa "in the name of the love" of Christ or Allah. Awakened people are not fanatic concerning their religion, country, sex, race, culture etc. They insist on unity and likeness and not on differences; they respect other opinions and way of life.

## **8.12 The role of Idiosyncrasy in Disease**

So you see we interpret events according to our Idiosyncrasy. Man is a very complex creature. He has his inner self that is balanced and similar in quality for all people and his external imbalanced self that is influenced strongly by Idiosyncrasies. Any certain idiosyncrasy tends to interpret facts in its own way but all the time in an arbitrary and false way. We live

in the Diversity World and each one of us is different due to the influence of Idiosyncrasies and due to his psychic level and actions.

-Isn't each individual a certain idiosyncrasy? A certain type?

-No! Of course not! Nobody stays under the same idiosyncratic influence during a lifetime. He changes; not that he is going to be one day Dr Jekyll and the other Mr. Hyde. He tends to be influenced by certain five to ten, relative idiosyncrasies according to his will and goals and according to his conditions of life.

-Do we change according to our age?

-Usually yes, but it's not the main or the only factor. Be careful! It's wrong to say "the idiosyncrasy of an individual" or "his idiosyncrasy". It's more correct to say "the idiosyncrasy that influences him for the present being". We shouldn't confuse a person with his clothing. His clothing are external; there is a deep real self inside him that can choose to wear this or that clothes or even get rid of it and stay naked from such negative influences and free.

Each present idiosyncrasy is just the external clothing that tends to make our life hard because it never suits our inner balanced self. If what I wear is very tight, it tends to cause difficulties in motion; if it is very large I may stumble and fall. If it is very light I will catch a cold; if it is heavy I will be overheated. So, to summarize, Idiosyncrasies are a very important Psychic Cause of Disease, maybe the most important. Any other Psychic Causes of Disease?

-...

-Can our thoughts cause psychic or physical illnesses? The answer is yes. We may sit and think several things and in the end most of the times we become melancholic or angry or confused. (laughter) Hippocrates said "we are what we eat". Kent, a great homeopathic teacher, said: "We are what we think and will". An old Chinese saying says: "Watch out what you are wishing for yourself because it may happen!" It's so true!

Unfortunately most of the times what we wish for ourselves isn't for the best.

-We, Greeks have a similar saying: "Keep wishing and perhaps it might happen".

-True! Do you realize now how important is to choose what to think and what to will? Thinking is also very important because it defines our emotions. For example, if I believe that a divorce is a disaster or a sin then if it happens to me I will have negative thoughts and consequently negative emotions. If it happens not to me, but to a friend or to a neighbor, then I will certainly say "poor him! What a disaster!" and will feel sorry for him.

But on the other hand, if I believe that all women are bitches and my friend is divorced then I will say to him: "Thank God! You are saved! Hallelujah!" (laughter) I act in this way because I don't care if it was something good for him or bad; I simply judge others *by myself*. It is very probable that I had a traumatic similar experience and I am not objective; on the contrary I do act very subjectively. No wonder, why so often suffering women say "men are pigs" and suffering men say "women are bitches". (laughter)

This kind of generalization always leads to wrong conclusions, wrong attitude and wrong behavior. Allopathic Therapeutic System is full of generalizations while Homeopathy insists on individualization. So, apart from Idiosyncrasies, we could also consider as Psychic Causes of Disease all the traumatic experiences of a person that bother him not only when happening but do also blur his future judgment.

### **8.13 Consciousness and Disease**

We have already talked about Material Causes of Disease that affect our Material Body, Energy Causes that affect our lower Energy Body, Etheric

Causes that affect our Etheric Body and Psychic Causes that affect our Sensual and Intellectual Psyche. Can there be any such thing as Conscientious Causes of Disease?

-We can talk about alienation of a Conscience. For example, about something that could make someone a murderer.

-First things, first! We must, first of all, ask: “Can our Conscience be altered or alienated? Or should we talk about ignoring it or not listening to it?”

-But what can you say about serial killers? They may be a few ones, extreme cases, but don’t they suffer from alienation of their Conscience?

-The first thing to ask is, if really bad people do have a Conscience or not. The second thing to wonder is if they do have a Conscience then was it good in the beginning and then it got bad. A third question might be “did they have a bad Conscience from the beginning?” I will ask you a straight question and I want a straight answer: “Is Conscience good and only good or do some people, have a good Conscience while others have a bad one?”

-I believe that if we listen and obey to our Conscience then, we become good people; whenever we ignore it then we become bad people.

-Bravo! Remember what we have said about light and darkness: if I am in touch with the light then I see; if I am not in touch with the light then I don’t see; there is but dark around me due to the absence of light. Light is the primal thing; darkness exists secondarily due to the absence of light in a certain place or time.

It is not accidental that the word Conscience in Ancient Greek language comes from the words “I” and “Know” or from the words “participate”

and “Know”. It literally means “I know truth” or “I participate in truth”. Isn’t Ancient Greek a wonderful language and a universal heritage? Remember that Socrates used the same word “oida”, that is, “know” when he said: “I know one thing; that I know nothing!”

It is such a different thing to know and to realize. In Greek Language the word realize comes from the word Conscience and means “to be conscious of”. If I am in contact with my Conscience, then I realize and I am conscious of a situation; I see the light; I am enlightened. I may know something for years but never have realized it, until the day came to see the light. Hallelujah! I may know that love is a wonderful thing but this is just information inside my brain. Only when I am *in love, in a state of love*, only then, I realize what love is!

Socrates also said: “Nobody is bad by his will”. I believe that he meant that if someone not only knew but realized, if someone was in contact with his Conscience, if someone was conscious all the time, then he would never choose to do wrong. If you are in contact with the light, with the truth, then there is light inside you, you are possessed by good and so why do something bad? Light excludes darkness. Only in the absence of good and light can bad things take place. If you are in constant contact with your Conscience whose contents are only good, you will never do bad things.

You see Conscience is the child of Individual Spirit and belongs to the World of Uniqueness where there can be only unique situations and qualities. Only good exists there. That is the reason why I claim that there is no such thing as good and bad Conscience. There is only “Good” in Conscience; in any individual Conscience. And that “Good” is different and above the conventional terms “good” and “bad”. Conventional good and bad differ in definition according to the era, civilization, time and place. True Good is always the same; it is unique.

Conventional good and bad, exist only in Diversity World, in our Binary World; they exist into our minds, into our Intellectual Psyche which is part of the Diversity World.

Psychic World can be divided into Higher Psychic World and Lower Psychic World. In Higher Psychic World you can find “good demons” as Ancient Greeks called them or “angels” or “good spirits” as we call them today. In Lower Psychic World exist “bad demons” or “earthly demons” or “devils” or “bad spirits”.

Accordingly, our Individual Psyche is divided into Higher and Lower. Higher Psyche is the Conscience Psyche and Lower Psyche is the Intellectual and Sensual one. Whenever our Intellectual Psyche is inspired by our Conscience then we have good thoughts such as: “I am only human and I do wrong things like other people”, “Wealth, glory and material belongings are not important; the most important thing is to have love inside you and to love others”, “the most important things in life are what you will carry with your psyche after death”, “any differences between me and other people are only superficial; I shouldn’t give so much credit to it; we are all human and should love each other”, “whenever I love other people and Nature, then I love God; I come closer to God”.

Whenever my Intellectual Psyche is inspired by my mind and by my egoism then I have bad or inferior thoughts such as: “I want to be the first”, “I want to be the best”, “I want to be the most famous”, “I want to be the richest man on Earth”, “I want others to obey my orders”, “Other people are stupid”. Such inferior thoughts have a common characteristic: they tend to make me selfish, egoistic, egomaniac, self-centered; they tend to make me less humble, less caring of others, less loving; they drive me away from other people and far away from God.

Finally, whenever my Intellectual Psyche is influenced strongly by my Sensual Psyche and my needs I tend to have thoughts like: “what matters above all, is to eat, drink, have sex and enjoy life to the full; all other things mean nothing”, “Enjoy life, as much as you can, before you die and vanish”. Anything that surpasses my natural physical needs and becomes a passion ties me to Material Body and Material World and drives me away from Spiritual World and God.

#### **8.14 Socrates and his “Obstetrics” method, Jesus and Christianity**

Any kind of thought that inspires me to deal with ethical matters such as “What is Man and his relation with God?” “What is the meaning of life”, “What’s my mission?” “Is this moral?” “How can I be better?” has the power to lead me upwards; such thoughts make me more human and more spiritual.

This, in fact, was the basis of “Obstetrics”, the teaching method of Socrates. He never said “Come here, you, little man! These are my beliefs! Believe them, adopt them! I am your Master, I am your Guru, glory on me!” (laughter). No! Socrates never created an Academy and refused to be called teacher and of course, never took any money for his teachings like the Sophists did. It was a student of his, Plato that created the “Academy” lecturing on his teachings. Plato, inspired by the life and teachings of Socrates created what was called Socratic Philosophy.

Accordingly, it was not Christ that created Christianity. It was his disciples and especially Paul that created a religion, i.e. Christian Religion. Socrates and Christ denied to be addressed as “Teacher” and “Lord”. Christ himself, in the Gospels, stresses that there is only one “Teacher”, “Lord” and “Father” and that is God the Creator; only He, deserves to be addressed by such names. How contrary is this with the present representatives of Christianity that are so fond to be addressed as “father”, “priest”, “Your Holiness”, “My Lord”, “Your Eminence”, “Your Grace” or that hypocritical “Your Humbleness!” Is there any



difference from the kings that demand to be called “My Lord”, “Your Excellency” etc?

Using the “Obstetrics” method, Socrates used to put forward for discussion ethical questions. He insisted on hearing first the opinions of his interlocutors. During the dialogue they realized their ignorance, the absolute or relevant nature of their opinions and how little Man knows. The so called “Socratic Irony” did not mean that he used to be ironic. The irony was, that in the beginning they thought that they knew so much and at the end they found themselves ignorant. Socrates, emptied the “cups” of their minds that were full of notions and false subjective opinions and filled their hearts with ethical inquiries.

He refused to replace old dogmas with new ones so as to create fans. He avoided systematically giving final answers to questions that arose. Whenever he gave answers, he referred to it as opinions of old wise people or as past knowledge. He supported that even the sole sincere effort to deal with ethical matters drives a man upwards and makes him better. The key to his method was that he pushed his interlocutors to come in closer contact with their Conscience. True spiritual teachers and true priests, even nowadays, do the same thing.

### **8.15 True Good and conventional “good” and “bad”**

So, I believe that the content of Conscience Psyche is only Good, true Good that is beyond conventional “good” and “bad”. We say nowadays: “the weather is good today”. What does that mean? It means that we have named sunny weather as “good” and raining and cold as “bad”. But, for the farmer, rain and cold are also good things. How on Earth can cherries and chestnuts grow without rain and cold? How can we have clean air without winds?

We also say: “Johnny is a good boy” and we mean that he is a good student or a mother’s boy, a pampered or an obedient child or a quiet boy. Does that mean that a lively boy isn’t good? Does that mean that a boy that does not obey to suppressive parents or teachers isn’t good? For heaven sake, does that mean that any student that does not like reading and writing is a bad boy?

We say: “Mary is a good girl” and by that we usually mean that she is a suppressed child or a religious virgin girl. Does that mean that any such girl is good as a character? Or does it mean that any girl that enjoys sex is a bad girl? We have come up to the point, that whenever we say for a man “he is a good boy” to mean that he is a jerk, that his mother or wife handles him all the time. (laughter)

This has to do with the fact that the content of “good” and “bad” for a certain society *is determined by the predominant ideology*, either political, religious or philosophical. Most of the times, these terms are Man centered. They serve Man’s interests. A swamp is “bad” for Man but it’s a Paradise for so many birds, animals and serpents. A wolf is a “bad” animal because we don’t milk him or eat him as we do with sheep; furthermore he may eat our food, i.e. sheep.

Snakes and mosquitoes are “bad” because they harm us. Pets are “good” because they serve us. We say: “useful plants, useful animals and useful non pathogenic bacteria”; Useful for whom? For us, human, of course! Harmful for whom? For us human, of course! But as concerns Nature and the Creator, all creatures are “good” and “useful”.

## **CHAPTER 9**

### **INDIVIDUAL PSYCHE AND THE ORIGIN OF DISEASE**

**9.1 Disease and Original Sin**

**9.2 “We are what we will and think”**

**9.3 Are, our thoughts, really ours or are we just receivers?**

**9.4 Materialistic view about thoughts and Individual Psyche**

**9.5 Today’s Christian view about Individual Psyche**

**9.6 Earthly life is but a School for Individual Psyches**

**9.7 How do you explain differences in birth conditions of Individual Psyches?**

**9.8 Successive incarnations and earthly lives**

**9.9 Truth was a mirror in Heaven...**

**9.10 Treatment of illnesses that originate from Material Causes**

**9.11 Treatment of illnesses that originate from Energy Causes**

**9.12 Treatment of illnesses that originate from Etheric Causes**

**9.13 Treatment of illnesses that originate from Psychic Causes**

**9.14 Psychological Defense Mechanisms**

**9.15 Messiahs Saints, Messiahs doctors and how to ride the high horse...**

**9.16 We are users of materials and knowledge; not producers!**

**9.17 What really is Civilization?**

**9.18 “Spiritual Rights” and trading of Truth**

## 9.1 Disease and Original Sin

If the content of Conscience is only Good, then no Disease can be caused in any possible way from Conscience Psyche. Disease may origin only if we don't listen to our Conscience, only if we deny her light, only if we put obstacles in between our Intellectual and Conscience Psyche; then, shade and darkness will be the result. Whenever we are driven away from light and God, we are driven away from Good and then bad appears. Bad, exists only in Earth and not in Heaven, not in Spiritual World. As Hermes the Great said: "Earth is the land of evil".

Heaven, that is, Spiritual World, is the land of Light and Good. Protoplasts, the First Men, lived in Heaven before Fall and were healthy, happy and immortal. They felt no shame, they thought no sin. In order to commit sins and feel shame you have first to violate Universal Laws. In order to have Disease and Death you have to live in the World of Diversity, that is, in the Material and Lower Psychic World.

What did the snake say to Protoplasts? "If you eat fruits from the Tree of Knowledge of good and bad you will become gods like God. He, deliberately, forbid you to do so, because he is afraid that you will be like Him". It is so profound what the myth tells us! The Tree of knowledge of good and bad can only belong to Diversity World because it has both conventional good and bad and because the need for knowledge exists only in such levels. In Heaven, there is no need for knowledge because *you are* part of Truth; *you live and feel* things there; you don't learn about them.

So, after tasting the fruit of the forbidden tree, they have fallen into the World of Diversity. In fact, why was such a thing, a sin? What was their sin? Their sin was the first and main of the "Seven Deathly Sins", as we call them today: *Vanity!* They wanted "to become caliphs replacing The Caliph", as "IsNoGood" wants in the homonymous comic. They let vanity and egoism enter their existence and thus, for the first time in the history of human being, they obtained Individual Psyche and Psychic

Level. Before that, they were pure Individual Spirits; now they had Spirit, Psyche and finally Material Body.

That is why the myth says that immediately after the Fall, they realized that they were naked. You can be naked only if you have a Material Body and you can feel shame only if you have Individual Psyche. You will also begin to have material sensations and material needs. You start feeling thirsty and hungry; feel cold and need clothes; have to sweat to cover your needs. Sins and Passions create imbalance and imbalance leads to Disease and Death.

## **9.2 “We are what we will and think”**

Whenever our Intellectual Psyche attracts lower thoughts from Lower Psychic World then we feel lower intellectual emotions and tend to have a lower behavior and these cause Disease both to our Psyche and to our Body. On the opposite, when we attract higher thoughts from Higher Psychic World, they maintain our state of Health and drive us upwards to Spiritual Level. If my will and goal is to become the most famous man in my society or in the World, then I will do anything to achieve it, thus sin and fall. You see, my aim defines me as a whole.

That’s the reason why Kent, a great homeopathic teacher, insists saying “we are what we will, what we think and what we feel”. A higher goal, not according to human criteria but according to ethical and spiritual criteria, will take me higher. A lower goal, will take me lower. Those who tend to become high spirited men are healthy both in body and mind. “Healthy Mind in a healthy Body” as our Ancient Greek ancestors said. So you see, Disease can only exist in Diversity World, that is, in our Body and Mind, in our Intellectual Psyche.

-Allow me to agree with you but I believe that there are some exceptions to the rule. For example, we know that Paul the Apostle, had health

problems. Sometimes even saints become ill so as to be tested, so as to remain humble.

-I must agree with you although personally I doubt about Paul the Apostle; I mean if he was a saint or if he remained a saint indeed. Don't forget that he was a very fanatic Jew before he converted and became a believer in Christ. My doubts arise from his actions: you see, he was the one responsible for turning what was teachings and life-example into a new Religion and a new Dogma. But still, we have the example of Job, in the Old Testament, who although being a virtuous and righteous man was tested for his faith to God by suffering with several illnesses.

However, we shouldn't confuse that, with what happens to the majority of people. Almost all illnesses from which we suffer are caused by our unnatural, wrong and sinful actions, either material or psychological.

-But still, they are but opportunities to repent and rise.

-True, if only we take advantage of these opportunities. How often does that happen? How often is this achieved? How many people do change their attitude and transform something "bad", a distress, into something good? Don't confuse that with the story of Job. Don't feel free to say: "I am not to blame for what happened to me; God did it to me so as to repent and become better". This is often a very good and hypocritical excuse so as to take the blame out of me.

I may eat garbage, drink poisons, harm people around me, violate Nature and then say to myself and others as a true hypocrite: "Why me God! I do all my duties: I go to church, I make the sign of the cross, I pray, I give offerings to the church... why me?" or "All my life I've been paying sins of other people", or "Life-Nature-Society-God is unfair", or "There is no

justice, there is no God!” or “Screw my bad luck!” or “What a misfortune!”.

Every day we violate Universal Laws and according to the Law of Action and Reaction, any unnatural action of ours, causes an unnatural reaction to us. I do stupid things and that’s why I get sick; action and reaction; cause and result. There are several relevant wise sayings: “As you sow, so shall you reap”, “As you made your bed, so must you lie on it”, “He was asking for trouble”. *We*, are responsible for our mistakes and *we*, are the ones that need to learn from our mistakes. How many of us do learn? Unfortunately, only a few!

-What can shade our Conscience and cause Disease?

-Our bad intentions; our unnatural, egoistic and vain wills and goals.

### **9.3 Are, our thoughts, really ours or are we just receivers?**

Be careful! What really is our mind? Is it a producer or a receiver? Are, our thoughts, really ours? Do we produce them? Are we, primal producers or are we, just consumers, users or intermediaries? These are extremely important questions and so are their answers.

-I believe that you are partly right.

-What do you mean by that?

-There is a certain material outside of us that we process further on.

-When you say outside, what do you mean? Outside, where?

-In a book I read or in a lecture I have heard.

-Where did these come from?

-From other people in the past and so on.

-Are you sure about it? Is it possible that, in the same way that we receive our physical materials from the Material World and our Etheric Energy from the Etheric World, that we also receive thoughts from the Intellectual World outside? Is it possible that our Intellectual Psyche is only a receiver of information and a processor but not a primal producer? Does our brain and Intellectual Psyche resemble radio receivers or television units that receive information from broadcasting corporations outside our body and psyche?

Oh! What a great punch to our human ego! What a humiliation! (laughter). Is it possible that our brain is simply the material organ of our Sensual and Intellectual Psyche? Is it possible that our Intellectual Psyche is simply a receiver that borrows everything from the Broadcasting Corporation called Psychic World?

If we tune our receiver towards Lower Psychic World then we receive lower thoughts; if we tune it upwards, that is, towards Higher Psychic World, then we receive higher thoughts. Lower thoughts have to do with jealousy, greediness, selfish, cruelty and vanity. Higher thoughts have to do with understanding, compassion, fraternity, love etc.

Doesn't this remind you of Hercules having to choose between the path of Virtue and the path of Evil? Each and every one of us, at any time of our lives, chooses the one or the other. All the time, certain options are set before us; they are not set only by us but by life itself also. The important thing is that, *we*, are the ones, that choose; *we*, are the ones, that tune our "radio" towards this or that channel; *we*, are the ones, that handle the "remote control" of our "mental" TV. We may not be primary thought producers but that doesn't mean that we are just passive receivers without any kind of will.



Contrary to animals, we do possess a certain amount of freedom of choice. We are free to choose among certain options. Of course these options are limited and are determined, at a great point, by our past actions and by our present idiosyncrasy. Don't you ever think, even for a minute, that our freedom of will and choice is limitless! No way! Our past choices have created a given environment which, like a woven spider net, allows only specific and limited moves and options.

It is *so like* a chess play. Before your first move you have in front of you a large amount of options; of course, these options are not limitless because you have already determined forces, face certain enemies and furthermore there are certain rules that you must follow. But after every move you make these options alter radically; wrong or useless moves tend to restrain you ending in "Roi mat", while wise options give you more freedom to face the opponent, enabling you to win.

#### **9.4 Materialistic view about thoughts and Individual Psyche**

Materialistic theories support that Man is born from matter and returns to matter: "Ashes to ashes and dust to dust". I will certainly agree to this idea, but only as concerns our Material Body. But you see if you are a materialist, you simply accept that Man is only his Material Body and nothing else; you are a material organism, you are born, live a short life and die; you have been born by the Material World, run a certain life cycle and return there.

Materialists believe that our Psychic World, that is our thoughts and feelings are but "secretions" of the brain or result of secretions; we start having thoughts the minute our brain starts functioning and we stop thinking, the minute our brain is destroyed. No brain, no thoughts. No brain, no consciousness, no existence!

On the other hand, Modern Physics has proved that we don't only possess a Material Body but we do also have an Energy Body consisting of Electricity, Heat, Magnetism, Chemical Energy etc. When we die, Material Body returns to Material World and Energy Body to the Energy World. Some of us, say that we are also given an Etheric Body; we receive it from the Etheric World outside and it returns there after our death. After death, all these three lower bodies are dissolved in the corresponding worlds without sustaining any kind of individual existence; they become one with their world.

### **9.5 Today's Christian view about Individual Psyche**

Christianity, nowadays, supports that we all have an Individual Psyche that entered our Material Body, at some point after conception, will live a certain one earthly life and after death will rise to Heaven; then after the Day of Judgment, will live either in Hell or in Paradise. Christianity supports that our Individual Psyche is immortal contrary to our mortal Material Body; the thing is that this view tells us nothing about, how and when were these Individual Psyches, created. It also tells us nothing about the past of a certain Individual Psyche, that is, where it lived before incarnation, why does it have certain characteristics, why it has been incarnated in this certain Material Body, with these parents, this time and this country, etc.

How odd to consider an Individual Psyche immortal, not dying, not vanishing to zero, discuss thoroughly about her future and destination but, at the same time, know nothing or refuse to discuss anything, about its origin. Where did that Psyche come from? What was her past? Why was she incarnated? Why to this body and in these certain conditions? Was it incarnated only once? What's the meaning of incarnation?

You see, there are certain Universal Laws that govern Universe and its Worlds. In the Material World nothing is born out of zero and nothing goes to zero. The same law is also valid for the Energy World. Let me remind you, from Modern Physics, the Law of Preservation of Matter and

Energy. It says that all molecules that existed on Socrates Material Body continue to exist nowadays scattered around us in the Material World. It also says that all kind of energies that run into his Material Body then, do exist, also today scattered in our present Energy World.

If this is true concerning Material World and Energy World, why not be also true as concerns Etheric World and furthermore, Psychic World? We accept that lower states of existence like Matter, Energy and Ether, are not born from zero and do not return to zero. How can a materialist say that Individual Psyche is born from nothing and returns to nothing? How can he support that something superior –Psyche- is born from something inferior – Material Body- and that, after death, returns to the Material World? Or how can a Christian say that our Psyche has no past while it accepts that it has present and future?

According to Universal Law of Hierarchy any sub-law of a lower level originates from a more general law of a higher level because there is a certain pyramidal hierarchy in Universe. The sub-law of Gravity, that is valid for Earth level, originates from the more general Law of Relativity. Hermes the Great, has put it so successfully into four words: “Like up, like down!”

## **9.6 Earthly life is but a School for Individual Psyches**

So, according to Universal Laws, an Individual Psyche is not born from zero and does not return to zero or that it cannot be created by a lower level. It comes from Psychic World, is incarnated some time after conception and returns to it after death. So you see, apart from our present earthly life, we had at least one heavenly life before and at least one after.

All known religions support that this earthly life - be it one or more - has a certain purpose: judgment! This implies that Earth is but a Primary

School for Individual Psyches; a learning institution. Any Individual Psyche comes on Earth in order to choose, suffer and learn; in the end she is rewarded or punished at higher worlds.

Does this “School of Psyches” have one or several classes? Are Individual Psyches incarnated once or more? Are there successive earthly lives for a certain Individual Psyche during different Earth periods? Aren’t such questions justified? The thing is that when we come “down” we don’t remember that we were “up”, there, and where we came from; we’ve got a certain kind of amnesia of past heavenly lives and past earthly lives. And it is useless to wait until going “up” again in order to answer to such questions that I have here and now! (laughter)

I had a physics teacher in High School that, whenever we stared at him, embarrassed and smiling, not being able to answer to his questions, he used to say implying that our grades would not be good: “Keep smiling... that won’t take you to Paradise!” (laughter) I want answers, here and now, because I realize that I must live my life accordingly if I want to earn myself a Paradise! (laughter) Keep laughing... that won’t take you to Paradise! (more laughter)

I know that I can’t offer you straight answers from my past heavenly and earthly lives; you see, I am not an exception to the rule. I, too, suffer from amnesia of past lives. But, I know one thing for sure, being a medical doctor for several years. And believe me, you don’t have to be a doctor or a scientist to know these things; you just have to live and wonder.

### **9.7 How do you explain differences in birth conditions of Individual Psyches?**

What do I surely know? I know that we are all born with certain sex and race; with certain body type; in a certain family, society and country; in a certain time and phase of humanity; with certain parents, brothers and

sisters, relatives and neighbors; with a certain idiosyncrasy, specific miasmas and specific predispositions for illnesses; So many differences! Such variety of conditions! Unequal conditions... some also say unjust conditions!

Those of you, that have raised more than one child, have experienced, from first hand, what I am talking about; You give birth to three children and the one is in the West, the other is in the East and the third one is in the middle! The one is tall, hectic and submissive, the other is short, fat and a dictator and the third one is of medium size, melancholic and sensitive. Although they all have been born and raised pretty much in the same environment, by the same parents, with the same love, they are so different; so unique; so special.

In fact, some mothers that have given birth to many children, have confessed to me that even from the very first months of their pregnancies they knew what kind of child would that be; and finally, after the first months of their lives after birth, the original information about the idiosyncrasy of the children, was confirmed lively.

Why does a fetus die during the first three months of pregnancy? How come that another dies during delivery and a third one, after the first days or months or years of his early life? Why is another one, born mentally retarded or paralytic or dies from cancer after a few months; How come one is dumped to the garbage by his mother a few hours after birth while another is raised like a prince? Why is a child strangled by his father for the only reason that she wasn't a boy?

Why aren't we all equal at the beginning of our life? Where is justice? What's the matter with heavenly Justice and divine Love? What's the matter with God? Even, *we*, mortal creatures, whenever we start a race or a competition or any sort of a game, we consider it profound and just to have equal conditions at the beginning. All players of "Monopoly" start

with the same amount of money, from the same starting point, following the same rules. At school we are tested by the same tests.

When did, a certain Individual Psyche, had the time to commit such horrible crimes so as to be born dead, paralytic, blind, mentally retarded, with cancer, in a country at war, starving or with lousy parents? Is Law of Action and Reaction valid in this case? When did he have the time to perform so many wrong actions so as to face such tremendous reactions? When did the neighbor's child perform such good actions so as to be born healthy, wealthy and wise in a loving and caring family? When did, all these Individual Psyches, have the time to sow so intensely as to be able to crop accordingly?

Isn't God Wise? Isn't He, Just and Good? Isn't He, full of Love? How can He treat his children so differently, so unjust, so unequal? How can I blame a criminal if he tells me that he ended like that because he was born in bad conditions and was raised awfully? How can I convict him and shut him behind bars, sometimes for a lifetime, for his crimes? What will I answer to him if he tells me: "It was not my fault; I was raised from criminal parents under criminal and inhuman conditions; I just became what I was raised to be! What did you expected, man?"

Everything I said refers to someone's beginning of life. What about his line of life and his end? How many times a person tries to be good and just and in the end he is robbed, cheated, unjustly blamed or accused or convicted or killed and at the end his good name isn't restored even after death? If he did good, then why didn't he receive good? Why did he sew good and cropped bad? How come that a second man, a bad seed, a criminal, did everything bad, killed, raped, cheated and after paying the judge and the media was restored as innocent and died rich and glorious? Why did he crop other than he sow? A thousand cases of seemingly unjust lives before our eyes; what's the matter with Universal Laws and God?

## 9.8 Successive incarnations and earthly lives

Take, for example, a commercial company; it has past, present and future balance sheets; it transfers profits, losses and reserve funds to next year; think of each company year as an earthly life of an Individual Psyche. In the same way that the financial state of a company at the beginning of a year is the sum of all profits and losses of past years, in the same way the conditions of birth of a certain person, is the sum of the actions of his Individual Psyche, during his past earthly lives.

If we examine a company, as if this is its first and last year on Earth, then there will be only confusion; we will not have a clear view; things will not make sense. Accordingly, the different conditions of birth of people will be an enigma, if we let aside past lives; and so will be, the different ending conditions of people's lives. Only if we accept the existence of past earthly lives and consequently past actions, can we understand the different "reserve funds" that people have at the beginning of their lives.

Then, things become crystal clear; God and Universal Laws are not unjust. It is, *we*, human, that are responsible for our past, present and future. God is Good, Just and Loving as it should be! As a Good Father, does no discrimination as to his children. *We*, are the ones, that determine our lives by our choices and actions. We determine both the beginning and the end of our lives. We carry to this life, the fruits of our actions of past lives and we carry to next life, the fruits of our actions of this life. You see, Universal Law of Action and Reaction, if seen this way, is again valid and God is again Just, as it should be. Things become again clear and crystal as Truth ought to be.

Whatever we do during this present earthly life, good or bad, will be transferred, not as event but as property and idiosyncratic characteristic, to our next earthly life. The Earthly "School of Individual Psyches" has meaning and logic, only if it has several classes and only if our grades are transferred to next level. In the end, all those who have studied well, do graduate, get their "earthly diploma" and go to the next level, the

Heavenly Level, Paradise, the Spiritual World and stay there for good. On the other hand, those who have failed the exams, come again, year after year, suffering, so as to learn.

There is another important meaning in accepting the “theory” of Successive Earthly Lives. If we are born in unjust conditions, live in unjust conditions and die unjust and vanish, then what’s the point in living a right and honest life? What’s the point in being good? Why try? Why not be bad? It’s so easier! (laughter) Why not “enjoy” life in every possible and unjust way? Why not harm all others in order to serve myself? Why not be selfish? What is the point in living a moral life? Why have morals?

If we are born in unjust conditions and God, Nature or my bad luck is to blame, then how can anyone judge me fairly after death? I could say to Saint Peter: “Holly Peter, why do you convict me to live in Hell? Why am I responsible for my actions? You and your Holly boss are the ones who permitted me to be born in garbage. How on Earth did you expect me to grow as a beautiful rose? I’ve learned to act wrongly even from my childhood... you know what they say... “it looks as if it’s going to be one of those days” (laughter).

OK, you are laughing, but I think that Holly Peter would be in a major trouble finding an answer, if things were as we usually think they are. (more laughter) Keep laughing, that won’t take you to Paradise! (more laughter)

All these, seemingly contradictory facts, can be cleared out, only if we examine things with an open mind and without any religious or “scientific” dogmas of any kind. Is my intention to replace present “Christian” or materialistic dogmas with some other dogmas of the East? Is my intention to put forward some other specific religion or philosophy? No! I try hard, not to identify myself as fun of this or that religion or



philosophy. I just try to think freely and in an unprejudiced way; at least that is what I think I do; as you well know, practice is usually so far away from theory and earthly reality is so far away from Truth.

You must also take in consideration, that the theory of successive earthly lives and incarnation is not only a content of the religions and philosophies of the East. Our ancestors in Ancient Greece had the same beliefs; they talked about immortality of the Soul, about Destiny and the Three Fates, about incarnation etc. Do not also forget that for hundreds of years at the beginning of Christian Religion such beliefs were a normal thing among Christians until those “Holly Sessions” - permit me to say not holly but simply human - have rejected them and condemned them.

-I know that rigenis and many other well educated Christians of that times, still considered saints nowadays, did have such beliefs because they have studied Ancient Greek Philosophy.

-Yes, indeed, that’s true. Don’t forget that in the beginning, there wasn’t any controversy among Christianity and Ancient Greek Philosophy until Christianity became the official religion of the Byzantine Empire. Then anything that had to do with Ancient Greek Religion and Philosophy was condemned; philosophers were killed, ancient temples were demolished and books were burned in the name of the God of Love, in the name of Christ!

Unfortunately, that is the case every time a religion or a philosophy or an idea becomes an official dogma of the State. We have on one side the official dogma, the “orthodox”, the only true and legal one and on the other side all other “heretic” ones that must be “exterminated from the face of Earth”, “to the glory of the One and Only True God”. The “orthodox” funs are named as “the believers” while all others are “the non believers”.

This is not true only for Christianity; it also happened in Communism, in French Revolution, in Muslim Religion, in all religions and dogmas. It is also true for Science and especially for today's Western Medical Science. Isn't nowadays a homeopathic doctor or an acupuncturist a "heretic" of "official" scientific medical community? And, by the way, who is the true Christian nowadays? Is it the Orthodox, the Catholic, the Protestant, the Jehovah witness, the Copt, etc?

-You have talked about immortality of the Soul and said that there are successive earthly lives. Is that your belief?

-Yes, that's what I have ended believing after many years of research. But that does not mean that I am a fan of a certain religion or philosophy or ideology; I've been taught, as a scientist and as a lover of the free Ancient Greek spirit, that any functional hypothesis that explains best certain phenomena must be considered the correct one. Moreover, the more global it is the closer to Truth it is.

Furthermore, I am ready to replace this functional hypothesis with a new one that explains things more globally and in a better way. You can find chips of Truth in all dogmas, in all religions, in all philosophies, in all scientific hypotheses. The important question is with how much darkness is this chip of Truth mixed?

## **9.9 Truth was a mirror in Heaven...**

Let me remind you again of a saying of Plutarhus that I am very fond of because I am so afraid of becoming a fan of a dogma: "Truth was a mirror in Heaven; it fell on Earth and smashed into a thousand pieces. Since then, any mortal finding a piece, thinks that he has found the whole Truth!"

That is the reason why we kill others in the name of “the one and only Truth”, “the one and only Faith”, “the One and Only God” and in the name of Science. All others are called heretic, faithless, charlatans, that is, enemies!

When Plutarhus says that Truth was in Heaven he means that real Truth exists only in Paradise, in the Spiritual World, in the World of Uniqueness; there is no such thing as “truths and lies” there. Truth, there, is one and only one. When the mirror falls in Earthly Level, in the Diversity World, in the Psychic and Material World, then it can be seen by mortals as various truths, as thousands of truths. It’s the same that happens to light that comes from the Sun. When it touches Earth, due to several obstacles it becomes shades, that is, a whole spectrum of light and darkness mixture.

That’s the very reason why Heraclitus insists that “sleeping people live each one in his own world”. You see, Universal Truth and Reality becomes, at the human earthly level, simply a personal opinion; a subjective opinion. It is only when a “sleeper” is gradually transformed into an “awaken”, that he can see and feel Truth which is common for all those who live in the “one and only world”, the Spiritual World, the World of Uniqueness.

So you see, functional hypothesis of successive earthly lives, always according to my opinion, at least according to my present opinion, explains best the vast differences of people’s conditions at the beginning of our lives; differences in body type, idiosyncrasy, predispositions, family and social conditions, state of health. It is so profound for me that God does exist and it is more than certain that He is Just and full of Truth and Love. So, for every injustice, imperfectness and unnatural condition that we experience, we should turn to ourselves and blame us.

Each one of us, being an Individual Psyche, immortal through endless Time and Space, has a past, a present and a future. We will, we desire and we choose; if we choose correctly, according to Universal Laws, then we will crop good things, truth and happiness; if we choose wrong actions, wrong always according to Universal Laws, then we will crop bad things, lie and misfortune.

But, be careful! That doesn't mean that this functional hypothesis of successive earthly lives, automatically gives answers to all of our questions. The higher we get the more answers we obtain. Only God has absolute Truth, or better, only God *is* Truth. *We*, mortals, have crumbs of Truth and tons of Illusion. As, Hermes the Great, said: "God is wise, Man is stupid!" Let us not reject any opinion, knowledge or view, past or present. There are crumbs of Truth in all cultures: Ancient Greece, Ancient Egypt, China, India, etc. There are crumbs of Truth in all religions and philosophies, in Science and in mother wit.

The more global and unprejudiced our research is, the better; we can obtain information from Nuclear Physics as well as from the Zulu or anybody. Any functional hypothesis explains best, several and even contrary facts, is closer to Truth.

### **9.10 Treatment of illnesses that originate from Material Causes**

Up to now, we have discussed Causes of Disease. It's time to examine how to cure. We couldn't discuss about cure, unless we've discussed about causes; you start from A to Z and not vice versa; this is a law, a universal law, the Law of Hierarchy. Can you see now what I mean when I say that Homeopathy is scientific because it follows laws? Theory and practice joined harmoniously together.

There are two ways to cure. The first one is to drive away causes as long as things haven't gone too far; so far, that effects are non reversible. The

second way is to mobilize physical and psychological therapeutic mechanisms of the individual so that organism itself, brings back balance. We must act both ways.

Let's take, one by one, the several levels of existence of a person, consider causes of Disease and see what we can do so as to cure. At the level of Material World I must avoid all Material Causes of Disease. These are: overwork, injuries, unhealthy food, extreme weather conditions, unhealthy habits etc. I can act preventively or if the causes have already affected me, to try to avoid them from that point on, so as to give my organism the time needed for recovery.

There are, of course, times when I may succeed in bringing balance back but if I have to do with a major anatomic injury this may not be enough. For example, if I have a broken and dislocated bone, I have to have a surgical treatment also so as to fix things and help my organism. This is a logical thing to do and does not go against Nature's rules.

We are not against surgical treatment in Homeopathy as long as it is applied when really needed as final option in chronic illnesses or when a man's life is in danger in an acute injury or illness. But we strongly consider it wrong to apply it when other treatments are available and can bring the same or better result without the danger of implications. It's wrong to try to cure by surgery. Surgery restores parts where the organism cannot do it; it does not cure causes; it does not cure the whole.

We can only cure effectively by employing holistic treatments like Homeopathy or Acupuncture or other holistic methods or by the combination of these. For example, if I perform a surgical extraction of gall stones, that does not mean that I have cured; I simply took away one of the results of Disease; the causes that created these gall stones remain intact and after a while will produce the same result.

Let's say that I have also removed gall bladder. What does that mean? Did I drive away causes? Have I treated the whole Disease of the Individual? No! I have simply mutilated my patient by removing a useful organ; I may have driven away the symptoms that stones caused but original causes and Disease itself, is not driven away and continues its course. Furthermore, I now have some irreversible implications: I have no gall bladder, the bile is not concentrated before secreted into the small intestine and this produces digestion problems, maybe for a life time.

So you see, I say yes to surgery as long as it is the last option available and my patient's life is really in danger but I say no to surgery as a means of cure, as a promise that it will drive away causes of Disease or Disease itself or the imbalance of the whole human being. Am I clear? I think I am.

### **9.11 Treatment of illnesses that originate from Energy Causes**

Let's move on to the treatment of illnesses that originate from Energy Causes. What can we do? How can we face extreme heat or electricity or radiation? First, we drive away, as soon as possible, the cause, if it still affects the patient and second we deal with all the damages and imbalances that it has caused.

For example, in a case of an overheated patient, we drive him to a cool place and we give him the first aid needed like fluids, blood pressure regulation etc. In such a case, Allopathic Medicine will act partially giving a drug for the blood pressure, perhaps a drug for the support of the function of heart and maybe a sedative if the patient was very frightened by the symptoms he had. Such a partial and multiple action may lead to further imbalance or complications because human organism is very complex as concerns his physiology and each person has different rates of sensitivity to drugs.

What can a homeopathic doctor do? He will definitely not act partially or arbitrarily or with complex medications. He has one target all the time and will act only on this target. His target is the patient's idiosyncratic imbalance. He will administer only one homeopathic medicine, the one that suits the whole picture, physical and psychological and he will leave the organism do the job of recovery. That is, he will intervene on the Etheric Level and this action will consequently regulate both the Psychic Level and the Material Level; simple action, holistic action, regulation, no side effects at all.

### **9.12 Treatment of illnesses that originate from Etheric Causes**

What can we do about illnesses that originate from Etheric Causes? Whenever the cause is low intake of Etheric Energy, then we can help by healthy fresh nutrition rich in Etheric Energy or by placing our patient in an environment rich in Etheric Energy like near the sea or in an unspoiled forest.

Whenever the cause is the blocking of the flow of Etheric Energy inside the body we can treat the patient with energy medical methods that unblock the flow, like Homeopathy, Acupuncture, Shiatsu massage, Chiropractice, Osteopathy and Yoga. Acupuncture unblocks the flow of Etheric Energy by placing needles in certain spots of the Meridians while Homeopathy administers energy medicines that regulate the flow of Etheric Energy.

It is true that homeopathic medicines are produced by mineral and plant raw materials, but as we have said, potentization, the special procedure of preparation, transforms these substances into energy homeopathic medicines. That's the reason why the medicine we administer is similar not to material organs or material physiological mechanisms of the patient but to his idiosyncratic imbalance, that is to his Etheric Energy imbalance.

Homeopathy supports that Disease is primarily an Etheric Energy imbalance and secondary a material imbalance. So, when we act on a primary level like the Etheric one, we achieve deeper and more radical results. Moreover, we can in many cases, act preventively, that is, before the energy imbalance is carried on the Material Level. Allopathy acts on a lower Material Level, usually suppressing symptoms or regulating physiological function or performing anatomic actions. These are but partial actions, not holistic and not causative.

### **9.13 Treatment of illnesses that originate from Psychic Causes**

How can we treat illnesses that originate from Psychic Causes? First of all, we must try to avoid such causes. May I remind you that in order to protect my Material Body I can act preventively by not inserting in it garbage and unhealthy food and poisons. Accordingly, in order to protect my Psyche, my Sensual and Intellectual Psyche, I have to avoid psychological garbage like thriller movies, violent and evil movies, perverted art, passions that poison my heart, rotten companies, ambitions, lust etc.

If these factors have already affected us, we must try to stop them or even contradict them by experiencing positive psychological stimulations. I can choose to see only quality movies, spent time with positive people and spiritual men, read spiritual books and enjoy quality art and Nature. I can choose to act positively: help other people, offer my love to others, open my heart to positive people and protect Nature, etc. You see, quality nourishes heart, quantity imbalances mind.

Whenever a psychological disorder is already there, an efficient psychologist may unblock my mind while a bad one may confuse me, even more. The same stands for a priest or a spiritual man or even a friend. A positive guidance may bring back balance in my mind and in my heart. It unblocks my psychological defense mechanisms. You see, in



the same way that we have material defense mechanisms, in the same way, we also have psychological ones. Why not? Remember: “Like up, like down”.

#### **9.14 Psychological Defense Mechanisms**

Whenever I feel good and something bad happens I may say “don’t worry; it doesn’t matter” and I put it aside, no matter how negative it seems to be. For example, somebody dies and I say to myself: “What can one do? Some things are inevitable... let me try to live as best as I can before the inevitable comes for me also. Life goes on”. Or I may face a misfortune and say to myself: “God is Great! he will help me”. Or somebody does something bad to me and instead of paying him back I say: “Don’t bother. God, mercy on him!”

It may also happen that I did something good to someone and instead of recognition I may receive ungratefulness; then I may say to myself: “cast your bread upon the waters”. Or somebody harms me and I say: “Don’t bother; don’t pay back; he isn’t worth it”.

All the above, are examples of positive thinking and acting; positive attitude; working psychological defense mechanisms. Whenever I feel good, whenever my psychological reserve funds are high, my psychological defense mechanisms work to the maximum and have the ability to face most of the negative psychological stimuli. Such defense mechanisms are the abilities of judgment, assessment and rationalization, the lack of egoism, relaxed attitude, positive thinking, generosity and finally the strongest of all, love! These psychological defense mechanisms prevent me from engaging in negative thinking and actions that derange me physically and psychologically; they are indeed a very strong psychological shield.

The above, reminded me of a story I've heard about the definition of egoism. There once lived a minister that happened to be a very good man, always trying to be better. He read books, did good acts, prayed and believed in God. Once he asked his spiritual teacher: "Master, give me a definition of egoism?" "What a stupid question! Don't you know what egoism is? After so much I've told you, don't you know this simple thing? Are you idiot?" The minister got angry and started shouting: "How dare you talk to me like that!" The master burst into laughter and said to the surprised minister: "That's what egoism is! The feeling you just experienced!" (laughter)

So you see, we become better when we read quality books or watch quality movies or attend spiritual lectures or when we simply come in touch with Nature around us. Go out, relax and enjoy a sunset; I don't think that there will be, at least at that time, any negative thoughts. Instead, you will feel flooding with positive feelings and thoughts. You may start thinking: "Oh God! I feel calm, I feel great! How did I permit myself to be so anxious and stressed before?"

A great Greek singer, Costas Hatzis expressed this, so successfully:

"When you look from above

Earth looks like a painting!

Oh! How wrong to take things seriously,

how wrong to take things seriously!"

Relaxation, makes us think globally. Why? Because we are filled with beneficial Etheric Energy that unblocks our Intellectual Psyche and brings it in touch with our Conscious Psyche and through it with Higher Psychic World and Spiritual World. That's the reason why we feel so great, so heavenly. The same mechanism is activated, even stronger,

during meditation, prayer, philosophy and whenever we are filled with love.

### **9.15 Messiahs Saints, Messiahs doctors and how to ride the high horse...**

On the other hand, if we stay for some time into a den full of bad and perverted people, then it is most likely that *we*, will go down instead of raising *them*, up. Even if a saint goes there, in order to save them, I really doubt if he will come up untouched. He may even ride the high horse thinking that he is a Messiah and that his God given mission is to “save the World”.

“Who the hell are you man? What do you think you are doing? Who appointed you as a Messiah? Not anybody can do that!” Even Christ did not force people to be saved. He said: “Follow me, if you want...” So you see, we must first save our neck, then a few around us and if we manage that, then go and save some others, too. But we can’t save humanity; we can’t save Earth or Universe.

If God wanted this to happen he would have done it, Himself; Hasn’t He got the power or the love to do so? Earth’s mission is to be the bad place where mortals go to School to be educated; my mission as an individual, is, first to save myself and then to save others. So we must stop pretending to be Messiahs because if we ride the high horse then we will lose all the past spirituality we have earned through lives and lives.

I say this, because from my experience, *we*, doctors, have the tendency to play God, to play the role of the great healer, thinking that *we* are the ones that cure and save lives.

### **9.16 We are users of materials and knowledge; not producers!**

I will say it a hundred times and even more! *We*, human, *we* mortals, are not producers of knowledge and wisdom. We are simply users and only a few of us, wise users. Remember that “God is wise, Man is stupid!” We have to realize that; to be conscious of its truth. We accept knowledge and information; we don’t produce knowledge. We are users and not producers. We borrow knowledge and sometimes, wisdom, from Nature and God. We are just passersby that occasionally drink wisdom water from the Well of Knowledge.

If we get greedy and think that by drinking more quantity we obtain quality, the only thing that happens is to ride the high horse. So, be careful what you think and what you say. Ancient Greeks used to say: “There’s nothing new under the Sun!” What’s under the Sun? Earth, of course! There is nothing new at the Earthly Level. Anything that takes place here, is borrowed from Universe, from higher levels. *We*, human beings, don’t produce even a milligram of knowledge. “Everything has been said”.

That is the reason why Socrates says that all knowledge is but past memory. We simply come in touch with Universal Knowledge and wisdom. I say that, no man creates something out of nothing, either in the Material World, the Psychic World or the Spiritual World. Being a creator is but a human illusion!

Somebody could burst at this very moment and say: “What on Earth are you talking about! Are you mad? Have you lost your mind? We produce millions of products every single day around the world!” No! I am not mad, yet! We need to be exact as to what we say: we don’t *create* things; we are not primary producers; we simply *transform* things; we take raw materials already created by God and Nature and we transform them; we change the forms. The “Ideas” of these materials, their “prototypes”, according to Plato, exist in the Spiritual World and what we have here, are just hectic copies of these prototypes.

Somebody may say: “OK, for the sake of conversation, let us accept this as concerns Material World, but if we examine Psychic World, then don’t we produce thoughts, poems, books, ideologies, religions, philosophies, scientific theories, new ideas? Hasn’t Humanity created several civilizations since the beginning of the World?” I say to him, that all these are borrowed. In the same way that we borrow materials from the Material World and transform them, in the same way we borrow thoughts, emotions, ideas, knowledge and wisdom from Psychic World. We can create, not even a single milligram of matter or energy and we can create not even a single “milligram” of thinking.

Create, means bring something in existence that did not existed before. In this sense, only God is The Creator, the one and only Creator. All other creatures, including us, mortals, are but users. We take soil and water, mix them and transform them in an oven, into pots and bricks. We borrow materials from the Material World, energy from the Energy World, know-how from the Psychic World and inspiration from the Spiritual World in order to do so.

So you see, we are pretty much like the Greek economy nowadays. We produce nothing, we import everything! (laughter) We are a bunch of lazy importers and merchants! (laughter)

If we realize these truths, if we become conscious of them, then our ego might relax a little. Accordingly, if *we*, doctors, realize that it’s Nature and God that heal and not us, then things will improve radically in Medical Science. We are not the ones that heal. God and Nature heals. The only wise thing that we can do is to humbly borrow wisdom from them, to learn how Universal Laws work and try not to violate them. We can further on, try to apply these laws in the field of treatment, keeping in mind all the time, that a person may be healed only if his Destiny agrees.

The better we apply the laws, respecting God and Nature, the better we help one to heal; but remember, even then, we are not the healers; we are simple administrators, good or bad administrators of the natural healing forces. In the same way that farmers are not producers but rather administrators of the natural farming forces. They put many things together, like sunlight, soil, water, seeds, bees etc so as to finally *grow* and not *produce* tomatoes. We are just one of Nature's tools; but we still can choose to be good or bad tools.

Even those who call themselves “spiritual producers” and “spiritual creators” are but users and transformers. I may have painted a very nice painting or composed a very unique song but the “material” was all the time there in the Material and Energy World and the “ideas” were there all the time in the Psychic and Spiritual World.

It is so correct to say that Columbus *discovered* America. We don't say he *created* America! It is correct to say that Edison *discovered* Electricity and *invented* electrical appliances. We don't say that Edison *created* Electricity or fridges. It is correct to say that Beethoven *composed* the Ninth Symphony. He didn't *create* it. He simply wrote it down borrowing sounds and harmony from Nature and God.

Anyone who is tuned to the Lower Psychic World discovers negative thoughts and feelings, perversion and destructive works. Anyone who is tuned to the Higher Psychic World discovers true civilization, true art and wisdom.

### **9.17 What really is Civilization?**

We tend nowadays to call civilization all the eminent works of art, the buildings, paintings, sculptures, books, theatrical plays, songs etc of a certain era; all the “creations” of a certain race or state at a certain period. We say for instance the Aztec's civilization, Ancient Greek civilization

and the Ancient Egyptian civilization. We look at Parthenon, the Pyramids and the Great Wall of China and say: “What a great civilization!”

Well, to your astonishment, I must disagree! This is not true civilization for me. These are just monuments! Great monuments, of course, but still monuments! They were ordered by the king, the emperor or the bishop, out of vanity and desire for glory, with the hope that their glory would remain intact through centuries.

True civilization and culture, is for me, when each person of a society expresses his body and psyche taking pleasure, while transforming materials and ideas. True civilization implies pleasure during creation, implies acting in free will without any selfish goals and vanity; “for the sake of the game”, without any egoistic purpose, just out of happiness and harmony and balance; in the same way that the Sun paints on the canvas of the sky during sunset, glad that it have lived another day.

I must remind you that Picasso said: “I can’t buy, not even one, of my paintings!” Art became nowadays a commercial activity, business, trade. A picture may be sold five dollars while another one may be sold for millions of dollars. Are we or aren’t we, perverted?

What moral value does Parthenon or the Pyramids have, if thousands of slaves were forced to build them, for the sake of the king, politician, priest or Pharaoh? What is their moral value when thousands of poor citizens were forced to pay taxes for it or if they were built due to political and religious dark motives?

What a great monument of civilization is for me, the sand castle that father and child built at the beach, exchanging joy and love? It doesn’t matter if, when they have enjoyed it, kick it away and demolish it,

laughing and not attaching to it? Isn't it true civilization that they did not add it, to their "belongings" and "creations", boasting to others? Isn't it true culture, that it was not sold for hundreds of dollars to a gallery and not included in the Guinness Records Book?

We are so perverted nowadays that instead of living the moment, we "capture" it by photographic machines and video cameras so as to boast about it later. Instead of enjoying what we do and live the present moment, the tendency is to retail to others "what we have done" and "how much we have enjoyed it". We say: "we had a wonderful night: we ate to bursting point, drank tons of wine, stayed awake until morning and spent 500 dollars! What a night!" Is this recreation? Can you measure recreation by quantity? Isn't it, instead, a matter of quality? The only things that are measured are material things. You can't measure psychic qualities and you never measure spiritual qualities.

We may also say: "Last night we went mad for sex. We did it so many times in so many postures, with so many persons!" (laughter) Again, quantity comes first and quality follows or does not even exist. The important thing for most people, is to be "in", to be "in fashion", to boast about it and feel "somebody"; to feel that we have done "something".

### **9.18 "Spiritual Rights" and trading of Truth**

"Spiritual Rights", "Royalties", "Copyright": these words cause mental allergy to me. How can you sell what you have borrowed, what you have been given without any cost? OK, I agree that you have spent time and effort, but does this give you the right to monopolize and sell knowledge, know-how, inner knowledge or even truth?

-But royalties serve the protection of a producer from other producers that may say that it was their spiritual work.



-I don't disagree that there are practical issues when you have transformed spiritual work into a profession, when you make a living out of it, but let me tell you something that stands bold at least for exchanging inner knowledge and truth: If Christ or Socrates or Buddha or Prophet Mohamed came to you and said: "I am giving seminars on religion and philosophy; pay me 100 dollars" how would you respond to that?

-I see your point.

-What did Christ say to his Apostles? "What has been *given* to you, go and give it to others; Take no bag with you, so as not to carry with you anything that they will give you; eat, only what you are given, *never ask for anything* and whenever you are not welcomed, just shake the dust off your feet and go away". Unfortunately, nowadays, capitalistic attitude, has invaded our heart and mind. Everything has become merchandise: religions, philosophies, inner knowledge, truth, spiritual paths, meditation and prayers.

Gurus or masters or specialists, sell seminars about Yoga, meditation techniques or spiritual knowledge. OK, I may accept that you can sell seminars about technological knowhow or you can sell novels, but how can you sell inner knowledge, truth, religion or philosophy? This is a perversion!

May I remind you that Socrates did not take money for his teachings while Sophists did? If Socrates, Christ, Buddha and Mohammed did not teach for money, who the hell are you to name yourself "Master", "Teacher" or "Guru" and put a price on your teachings? How can you demand money for something that has been *given* to you from "above" without any money? Why did you "turn the temple of God into house for merchants", as Christ said?

-OK, but still we have the right to choose to what Master to go and what seminar to attend. I mean he may be a true Master but still he has

expenses. He may just ask for some money, enough to make a living. There are, of course, Masters that ask for much money, but this is another story.

-Excuse me! What kind of expenses? Do you mean the gasoline for his car so as to come to you and teach you? Or do you mean the time he has spent to lecture you? Do we have to pay for his hours of meditation that turned him into a Master? Should we pay for his blessing? Should we pay for his “courters” and his fan club? Should we pay for his “spiritual institution” and his “spiritual work”?

There are of course more advanced tricks. They say that “the general lecture is for free, but the special workshop, techniques, initiations and diplomas must be paid”! Or they say that “everything is for free, but please give whatever you want for the institution and for charity work”. And on entering the church or the institution there are 5 or 6 parishioners that look you angrily into the eyes and hands so as to discover how many money you will give in order to light that damned candle? (laughter)

Another trick, is that “the ceremony for the sacrament of marriage is for free but you have to pay according to the number of chandeliers to be lit” or you have to pay for the “sacred cause of completing the icon painting of our holly church”; you may also have to pay for the “charity work carried out by our church”. God knows where do these money go or to be more precise “only God knows”! (laughter)

The old granny donates all her money and real estate to the church or holly institution, hoping that this action will buy her Paradise or forgiveness. She may also give money for an icon painting of Mother Mary if, of course, at the bottom of the icon, is written “donated by our humble parishioner Mrs. Papadopoulou in memory of her beloved husband”.

Other such tricks, involve the following: “Master offers the seminar for free but we have to pay the hotel room and lecture hall”. Why on Earth did he choose such an expensive five star glamorous hotel? Couldn’t he lecture at the municipal center which is given to lecturers free of charge? But, if he did so, how could he charge the attendants? On what base? On what excuse?

I must admit that if you invite someone from abroad to lecture you, courtesy says that you will pay his expenses, that is, tickets, staying and food. But all these expensive seminars held by those flying famous Masters who sell expensive books, CD, DVD and other products, often, are not so sincere and innocent as they seem.

Most of the times such efforts and institutions begin with good intentions, but as fame and money increase, things change. The “Master” loses all spiritual qualities and becomes a merchant, a business man. That’s how angels became devils.

-Money and glory spoil people...

-Exactly! If your goals are fame, power and money, all these drive you downwards to the Lower Psychic World. If your goals are humility and offering to people, then these drive you up to Higher Psychic World. Wherever your heart is, your mind is also and all your existence.

I think that we have said enough for tonight. Thank you for your company and patience. More, next week on our last lecture. All these are for free... but I will tell you later how to pay me! I will definitely find a way! (laughter)

# **CHAPTER 10**

## **HOMEOPATHIC CASE TAKING**

**10.1 Heredity or Environment?**

**10.2 The speech of a person is characteristic of his Idiosyncrasy**

**10.3 Homeopathic Doctor must be objective and unprejudiced**

**10.4 Subjectivity in Allopathy and Psychology**

**10.5 Subjectivity in Homeopathy**

**10.6 Idiosyncrasy and superficial behavior**

**10.7 Non verbal information and Idiosyncrasy**

**10.8 Profession, Present Illness and Idiosyncrasy**

**10.9 Modalities of physical symptoms and Idiosyncrasy**

**10.10 “Show me your parents, friends and mate and I’ll tell you who you are”**

**10.11 How can drastic chemical drugs modify an idiosyncrasy**

**10.12 General physical and psychological characteristics and Idiosyncrasy**

## 10.1 Heredity or Environment?

Good Evening! This is our last introductory lecture on Homeopathic Medicine. During our previous lecture we have talked about the several Causes of Disease in an effort to answer the critical question: “Why do we get ill?” We have sorted out, according to Law of Hierarchy, the several Causes of Disease and the level of action: Material Level, Energy Level, Etheric Level and Psychic Level.

I mentioned that Hahnemann considered Disease as a primarily energy imbalance which progressed secondarily to material level. Today, we will at first, deal a little more about Causes of Disease and then proceed to our main subject which is Homeopathic Case Taking and Homeopathic Treatment.

Homeopathy supports that there isn't, one and only one, cause for every illness; instead, there is a *Causative Chain* responsible for Disease. Whenever we say *illness* in Homeopathy we always mean the *partial* imbalance of the organism, that usually refers to one or some organs or organic systems and has a certain clinical picture and laboratory findings; for example, Diabetes, Bronchitis, Gastritis, etc. Whenever we use the term *Disease*, we mean the opposite of Health, that is, a general state of imbalance, a lack of strength in general.

All those external causes considered nowadays by Allopathy as causing Disease, such as bacteria, bad nutrition, unhealthy habits etc, are but only a part of the Causative Chain responsible for Disease. There are two more factors that contribute to the formation of this Causative Chain: the patient's Vital Force and Hereditary Predispositions.

There is a question that has troubled scientists for centuries and still does: *Heredity or Environment?* What's more important concerning Disease? I support that there isn't one answer, same for all people. Each case is

different because each one of us is an individual. Individuality is an important thing in Homeopathy.

I will try to clear things out by a diagram. I will draw on the blackboard a rectangle parallelogram. As you remember from Geometry, the product of base and height gives us the area of this shape. Let's consider that Heredity corresponds to the base and Environment to the height. Each person has a different base-heredity and different height-environmental factors.

Let's say that John has a large base, that is, strong hereditary predispositions. In his case, even small environmental causative factors may overcome his Vital Force and cause Disease. But if these factors act at a certain moment when John has a great amount of energy reserve funds, then he may not lose balance and not develop Disease. You see, the final outcome is a combination of these three factors.

Let's see another example. Tom is a child with intense hereditary allergic predisposition. Even slight allergenic factors could produce a strong effect due to the strong hereditary base. But still, there is another important factor: his Vital Force, the condition of his Etheric Body that depends on his energy reserve funds. The product of heredity and environment must overcome the Vital Force of Tom, at that certain moment, so as to start the procedure of Disease.

If, for example, base-allergic predisposition could be measured as 30 meters, height-allergenic factors as only 2 meters then we would have a product of 60 square meters in area. If at certain moment Tom's Vital Force was 70 square meters then Disease would not develop, but if it were 50 square meters then Tom would develop allergic symptoms.

So you see, we should never think in a mechanical way when dealing with live phenomena and especially, Man. He is such a live and pulsating and all the time, changing psychosomatic creature! We always have to take in consideration, all intervening causative factors, their intensity and their place in hierarchy of Causative Chain.

Practicing medicine isn't just "take your pills, pay me and go away". I have to cooperate with my patient so as to find out all factors that produced his state of Disease at this certain moment and try to remove them. Or else, the case will resemble a plant growing inside a broken pot. I will water it but water will not remain there for long enough to be used, so I will have to water again and again.

-How about the personality of the patient? Doesn't it play an important role in Disease?

-Of course, it does! We've partly discussed that when we referred to Idiosyncrasies.

-Is Idiosyncrasy a hereditary factor or an environmental one?

-I could say both. He was born with certain miasmatic and idiosyncratic tendencies. Life goes on and environmental factors like family, school, society and events contribute to his present idiosyncratic state. During the procedure, the wills and goals of the person tend to determine things a lot. You see during a lifetime heredity, environmental factors and our will and actions are interwoven to create, every time, a different new spider net which is our present state. Don't forget that heredity isn't but a combination of the actions of past lives intermingled with the will and environmental factors of past lives!

Let me give you another example: Ted is a heavy smoker who eats all the time junk food. He drinks, does not exercise at all and sleeps only a few hours a day. The state of his Vital Force is lousy. Small environmental

factors can easily overcome his Vital Force and Disease will set on so often. He will come for treatment, I will balance him and then if he returns back to his usual way of living, he will get diseased again and again.

If we compare the state of Health of a person with a commercial company, then we could say that the state of Vital Force corresponds to the reserve funds of this enterprise. If I have low expenses and high profits, then I have a high reserve fund and I can endure negative happenings and misfortunes.

## **10.2 The speech of a person is characteristic of his Idiosyncrasy**

Now, it's time to proceed to our main subject of this lecture which is Homeopathic Case Taking or Homeopathic History. Instead of speaking theoretically, I would prefer a live case taking. One of you can be the patient and I, as a doctor, will take the case by questioning him. I will not get into personal details so as not to expose you publicly. Are there any volunteers?

-...

-I thought so! (laughter) I do understand. I know I ask too much, so I will create imaginative characters to be interviewed. They may be imaginative but nevertheless are characters found in everyday life, characters that I have encountered during my medical practice. Let's talk about John. I even start getting details and conclusions from our first call. He calls me to set an appointment for the first time.

He says to me in a rush: "Good morning Doctor, I would like to set an appointment with you but I want you to see me, as soon as possible; I've got a very serious problem... can I come now? I have heard so much about you... Mary Papadopoulos, a patient of yours, is my cousin and has told me that you cured her completely... I am so stressed with my problem that I don't know what to do... you are my last chance... please



doctor help me!” This is a certain idiosyncratic picture we are talking about.

Let’s see another one.

-Hallo, are you Mr. Othonos?

-Yes.

-In person?

-Yes.

-Are you a medical doctor?

-Yes, of course! What can I do for you?

-Are you a homeopathic doctor?

-Yes.

-I would like an appointment, but first I would like you to tell me, what’s Homeopathy? Where did you study it?

-I’ve studied it in Greece... now can you please tell me what’s your health problem?

-Yes, I will, but before we set an appointment I want to be sure that you can undertake my case... I want you to be honest and tell me if you had such a case in the past and if you are sure that you can cure me because I don’t want you to experiment on me... I have suffered so much from doctors, I have given them all my money and they did nothing to me... by the way what do I pay to you... how long will it take to get well...”  
(laughter)

As you have well noticed, since you are laughing, this is a totally different idiosyncratic picture. The first man on the phone, is credulous and gullible; not that he is silly; it’s not a matter of stupidity; he tends to believe in good intentions of others because he, himself, is very sincere

and honest. So, he heart about me and Homeopathy, shows trust and rushes to set an appointment without any hesitations.

He is polite and vivid, he is burning to find solution for his health problem that bothers him extremely and begs for cure, sincerely. He gives himself to the hands of the doctor in good will. From my experience I already suspect that this patient may well be influenced by the idiosyncrasy Phosphor. Phosphor, as concerns his principles and ideas is psoric-introvert and as concerns his expression and physical symptoms is sycotic-extrovert.

The second person on the phone is a mistrustful lady; extremely loquacious, aggressive, indiscrete, mistrustful and demanding. Even from her first expressions she reminds me of the homeopathic idiosyncrasy Lachesis, who is extremely syphilitic-perverted physically and psychologically.

### **10.3 Homeopathic Doctor must be objective and unprejudiced**

But, be careful! It is of extreme importance in Homeopathy, on the one hand to be open to observation and receive all kinds of messages and on the other hand to be objective and unprejudiced on evaluating these. Such an attitude is very helpful, both in case taking and in treatment, as well as concerning our relation to the patients. For example, just because John, the Phosphor guy, is so likeable and pleasant that does not mean that I will take care of him more than Mrs. Amelia, the Lachesis lady, who was so aggressive and mistrustful to me! It's not right to say to myself: "How dare she doubt that I am a doctor and a very good one, indeed!" (laughter)

During medical practice, I should never take things personally or in a selfish way. Should I be offended, just because she is mistrustful? Should I be offended just because she is influenced by Lachesis idiosyncrasy? In the same way that I should not be offended just because she has gastritis,

in the same way I should not be offended because she is mistrustful. Both conditions are illness and imbalance, the one on the physical level and the other on the psychic level. She is a sick person and she comes to me as a doctor to help her; that is the most important element of our relation and I should not forget that.

How would it seem to you if I started saying to myself: “Who the hell is she to offend me! I am such a great doctor... the best! How dare she question me?” (laughter) And then burst and say to her: “How dare question my efficacy and good name! Leave my office immediately! I will not undertake your case!” (more laughter)

Keep laughing, but you see, these things do happen; of course, not so extreme as I have presented it, so as to emphasize on it. Nevertheless, the doctor may not express such thoughts for reasons of professional interest but his attitude towards the patient and his care of him may not be unprejudiced. It is profound, that such an attitude is unacceptable and immoral. And that stands bold not only for a doctor but also for a priest, a teacher, a civil servant or any professional.

So you see, as a homeopathic doctor I ought to be objective and unprejudiced. I can't judge my patient influenced by the illusions of my idiosyncrasy; I must not take things personally. My judgment and attitude towards my patient mustn't be affected neither negatively nor positively due to sex, race, religion, politics, idiosyncrasy, attitude, social and financial state.

There were times that, out of need and despair, I had as patients allopathic doctors that were negative, mistrustful and even contemptuous. Should I not undertake them? Should I take care of them less than others? Of course not! I have many allopathic doctors as my patients and of course, when needed, I am a patient of allopathic doctors, myself. We mustn't be fanatic and absolute. No doctor, either homeopathic or

allopathic or practitioner of any therapeutic system is permitted to be fanatic.

This is true in Homeopathy for one more reason. In homeopathic case taking, if I am prejudiced towards my patient, I surely have lost the chance to reach a correct diagnosis of his idiosyncrasy. It is a different thing to diagnose his illness and a different thing to diagnose his idiosyncrasy. You can understand this if you only think of a psychologist or an analyst that is prejudiced towards his patient; how on Earth will he help him?

#### **10.4 Subjectivity in Allopathy and Psychology**

When you are an allopathic doctor, things are easier as concerns subjectivity. First of all, you have to do with more specific and “neutral” things, that is, physical symptoms. You go to an allopathic doctor, you tell him your physical symptoms, he examines you, he runs some laboratory tests and then according to all these findings he reaches a diagnosis; he says to you “you have colitis”.

You see, things are more clear and specific because you have to do with physical symptoms, numbers and device results. Diagnosis of an illness isn’t usually affected by doctor’s idiosyncrasy. For example, for all allopathic doctors, no matter by what idiosyncrasy they are influenced, cholesterol is 285 units and diagnosis is high cholesterol; a pain in the abdomen is for all doctors a pain in the abdomen, vomiting is vomiting and a rash is a rash. Slight differences in evaluation do exist, but that is depended on the efficacy and experience of the doctor and not on his idiosyncrasy and personality.

In the case of a psychiatrist, diagnosis of a psychological disorder isn’t so easy and specific as in physical illnesses because psychic symptoms cannot be measured or examined in a microscope. But still, he is not so

interested in his patient idiosyncrasy and certainly he is not going to analyze his patient; he only wants to reach a diagnosis of the psychological disorder and give the corresponding chemical drug that, more or less, is the same for all patients. You see, he is interested to act on the chemistry of the brain and not on the psychic or energy level.

What about a psychiatrist who happens to be an analyst or a psychologist? He doesn't use any chemical drugs to cure; he applies mental techniques. His concern is the psychological profile of the patient, his psychological symptoms, traumatic events of his life, his relations with other people, his ideas and attitude. All these things, are not as clear and specific as physical symptoms are. So you see, subjectivity of the doctor is more involved in this procedure.

There is another reason why analysts tend to be subjective; they don't possess an objective description of idiosyncrasies as Homeopathy does by the use of Proving, as we have discussed in past lectures. That is the reason why there are so many different Schools of Psychology around the World.

### **10.5 Subjectivity in Homeopathy**

In Homeopathy we follow the same procedure as in Allopathy to diagnose illness: case taking, clinical examination and laboratory tests. But the name of the illness won't give us the name of the homeopathic medicine needed for the case. We have to diagnose the idiosyncrasy that influences our patient at that certain moment. The homeopathic remedy must be similar to the present idiosyncrasy of the patient.

In order to diagnose the idiosyncrasy of our patient we write down and evaluate his physical symptoms. This is easy to do and more or less a clear procedure. But the most important symptoms in homeopathic diagnosis are the psychological ones and even more important are the

psychological characteristics of the patient either in health or in disease. Such characteristics are more difficult to evaluate and subjectivity is indeed a matter. But still, every day clinical practice proves that it can be done successfully. Very helpful to this procedure are good training, sufficient knowledge of idiosyncrasies and the right attitude of the doctor.

Let me remind you that the description of the homeopathic idiosyncrasies was carried out in a scientific way through the double blind trial method called Proving and also let me point out that our Homeopathic Materia Medica has been checked and rechecked for 250 years by the Scientific Homeopathic Community worldwide.

There is, though, another thing that creates matters of subjectivity during the procedure of homeopathic case taking. The “device” that photographs the idiosyncrasy of the patient, is indeed, homeopathic doctor himself. So, in order to take a clear and correct “photograph” he must be regulated, balanced and exact. Any intervening factors like his idiosyncrasy, views, traumatic past experiences, etc, should be left out, at least during the procedure of “photographing”, that is, case taking.

Let me give you an example of what I mean: Let’s say that I am a male homeopathic doctor and I got recently divorced. She was such a bitch and had made my life hell; so I have recently got out of Hell and am all burned out. (laughter) So, there comes to me a female patient that has recently got divorced and starts telling me about the “crimes” that her “cruel” and “good for nothing” ex-husband has done to her. It is so easy to say to myself: “Another bitch!” (laughter) It’s easy to understand, that I have the tendency to judge others *by myself*. You see, she may be a bitch or she may not be; I certainly have to be objective or I will give the wrong medicine.

It is important to understand that objectivity means that I don’t just write down whatever my patient says. I have to *verify* what he says by cross

examination and evaluation of his symptoms and by using logic, experience, intuition, knowledge of idiosyncrasies and several verification techniques that we employ in Homeopathy.

Let me tell you an example of what I mean: I have in front of me a patient influenced by an idiosyncrasy called Thuja; such individuals tend to have an intense lack of confidence. On questioning, she says: “I do nothing right, I am stupid; my memory is weak; I don’t understand what I read most of the times; I will fail examinations; I am ugly; I will never do anything in my life”.

If I believe what she tells me then I will write down: “weak memory, lack of concentration, low I.Q, fear of failure”. But that’s so wrong and will lead me to prescribe a remedy that is not similar with her idiosyncrasy. How do I find the truth?

First of all, my experience in case taking and my knowledge of idiosyncrasies leads me to suspect possible idiosyncrasies according to this first image. It could be a Thuja case which has an intense lack of confidence although she usually manages quite well in real life; you see she does have abilities and IQ, but still, she has an ungrounded low self esteem. It also could be a Pulsatilla patient that has self confidence and is smart but she likes being sensitive and pleasantly complaining and crying all the time because she likes to be cared and loved and given attention.

Furthermore, it could be a Gelsemium case that is so embarrassed with people all the time, has so much stage fright and gets so nervous in front of others, so this could seem to be, low self confidence. But it could also be a Platina case that has very high self esteem! How can such a thing happen? If things went very wrong for her, then all those failures could cause a temporary, superficial loss of confidence; she knows she is smart and able but, for the present, she blames herself for her failures.

You see how exciting Homeopathy, is? How wonderful are the different images of idiosyncrasies; How fascinating and how complex. You can easily conclude wrong if you say without any discrimination “she has diminished brain function, she has early Alzheimer, give her Baryta Carbonica” or “she definitely has low self esteem as she confesses give her Thuja”. You always have to verify and check what patients tell you. Sometimes if a relative of the patient is present, for example a husband, a mother or a friend, then it is a good thing to cross examine by asking his point of view on your patient’s characteristics and behavior.

As a rule, it is more difficult to view objectively our self and especially our weak points while it is easier to spot other’s faults and weak points. So, the patient isn’t most of the times, objective, when describing himself. He may even want to make a good impression to the doctor and say things better than they really are. Or he may not tell the truth or hide the truth from lack of trust. Or he may have entered the office with a companion and does not want to reveal things in front of him. All these and many other should be taken in consideration by the homeopathic doctor, so as to have an objective evaluation of things.

### **10.6 Idiosyncrasy and superficial behavior**

It is very important in Homeopathy, not to judge only by the external behavior but by considering deeper *motives* and *intentions*; that is, what lies behind the curtain. Follow me to an example: There come two women in my office, a mother and a daughter; both seem to be so sensitive; both cry a lot; both say they are “so sensitive”. Does that mean that they are influenced by the same idiosyncrasy? Does that mean that I should prescribe the same homeopathic medicine? No! Not necessarily!

It may happen that daughter is really and genuinely sensitive, romantic, spontaneous and sincere because she is affected by a psoric-introvert background as concerns her miasmatic identity while mother is indeed a



very different case; Her mother may be syphilitic-perverted and this external weeping and “sensitive” behavior is just a deliberate cover; she is not sincere; she is acting; she is playing a theatrical role. Her motives are to prevail over her family and others; she wants to control things and manipulate. She can’t do that by straight orders, so she acts as if she is sensitive and weeping and asks things to be done her way “so as not to weep”, “so as not to get sick from sorrow”.

There can be so many scenario, so many different stories behind that same external and final behavior, called “weeping” or “sensitive”. So you have to see though all the chain of behavior external and internal; you have to see emotions, thoughts, attitudes, will and motives.

Somebody would burst hearing all the above and say: “Wait a minute! Give me a break! What are you homeopathic doctors? Magicians! How on Earth can you examine a stranger for half an hour or even for a whole hour and know all these things?” (laughter) You see he is right up to a point. But still, my experience and the experience of many colleagues, shows that it can be done. It needs dedication, real concern, good education and experience.

Nowadays, all declare themselves, as being “sensitive”; if you are “sensitive” then you are “in”, you are in fashion. But, each one means a different thing. It reminds me of all those religious people that declare with pride that they are “faithful”; only God knows what they mean, because each one them differs from the other. This happens because we are influenced by different idiosyncrasies; furthermore, we are different Individual Psyches with our own individual past and present course.

### **10.7 Non verbal information and Idiosyncrasy**

Let’s go back to John; I have already drawn some information from the way he talked to me at the phone in order to set an appointment. Then he

comes to my living room; I will also draw information from the way he greets me, the way he sits, his body type, his way of dressing and his general *non verbal behavior*. You see, there is nothing accidental in our behavior. Our non verbal behavior still has its own language; if I learn to understand it, then I get valuable information.

But, remember; I must never reach to absolute, hasty and prejudiced conclusions. I must say “one to be carried over”, “two to be carried over”, “one hundred to be carried over”. After collecting all the data, I must cross check this information and see if it fits in a certain well organized idiosyncratic picture that I am well acquainted from my Homeopathic Materia Medica. You see, I don’t just guess; I notice, I evaluate, I cross check, I compare and finally I differentiate. It’s, a step to step, procedure according to knowledge, technique, laws, scientific bibliography and experience.

It’s like having a puzzle consisting of 500 pieces all mixed up. You take one by one, notice their relations and gradually match them according to reason, laws, experience and having in mind the possible general pictures. Some of the pieces may be also part of another relative idiosyncratic picture or may not fit at all; you keep them aside and go on having them always in mind. For some other pieces, you are so certain; they are so intense and characteristic that you put them in the center of your interest and build on them the whole idiosyncratic picture; they are the main idea, the “essence”, the skeleton of your idiosyncrasy.

Let me make it clear to you by an example: Let’s say that my idiosyncratic picture corresponds to the tale “Snow White and the Seven Dwarfs”. Those pieces that have to do with Snow White’s face, the dwarf’s hats, the poisonous apple and the face of the bad witch, are the most important; they are my essence around which I will build; they are the “finger prints” of that whole picture. Even in the absence of all other pieces, I may be certain of my conclusion. But if many other pieces fit in

the picture then I am convinced that I have to do with the idiosyncrasy “Snow White”.

But if I find a piece that shows the ugly face of a wolf then I must check out whether I have to do with the tale of the Little Red Riding Hood. Was I wrong? I have to be sure. I must recheck and reevaluate my findings.

As I have told you I can draw information even from the body type of my patient. There are idiosyncrasies like Natrum Muriaticum, for example, that form a pear shaped body: narrow legs, wide pelvis and narrow trunk. Others, like Lachesis, may have fat trunk, swollen face and thin legs and hands. Of course, things in life aren't absolute; many times you are sure about a person's idiosyncrasy although his body type does not fit in. Or more than one idiosyncrasies share the same, more or less, body type. Life goes on its own way and cannot be restricted into absolute forms.

But, I think it's time to be more specific and live as concerns our case taking. Let's say that you are John, my patient! I've picked you because I've realized that you are an extrovert guy and I can manage to convince you to participate... (laughter). Let me proceed before he denies... (laughter). How old are you?

-Fifty two.

-Married?

-With three kids: 21, 18 and 12.

-Where were you born?

-In the country.

-Be careful! Speech and behavior may vary according to where one was raised. For example, American women, compared to Indian women seem to be so extrovert, self confident, etc, just like Hollywood stars. We

should take such cultural differences in consideration so as to make a good evaluation.

We are also interested in the way a person dresses; is he conservative, classic or modern? Is he in fashion or out of fashion? Does he wear clean and tidy clothes or is he dressed like a tramp and smells like a tramp? All these, constitute his non verbal behavior and are non verbal information. The patient does not speak about them but they speak for themselves. In the same way that we have verbal language, in the same way we have the body language and the behavior language.

-I think that non verbal information can show us if we have to do with a normal person or a sophisticated one.

-Yes indeed and even more. Now please tell me what can you say about John's clothing? He is after all our "guinea-pig" and we must observe him...(laughter)

-He is sporty and cool.

-Is it an extreme way of dressing?

-No.

-Is it an expensive one?

-No.

-Is he clean shaven and tidy?

-Yes.

-Yes, indeed; see how many clues we've gathered even before he opened his mouth? Another, very important, non verbal information is his look, his stare, his glance, his gaze, his overall way of looking. Is his look mistrustful, wild, shy, arrogant, searching, friendly, snob? You see how many I've already identified and there are many more. The homeopathic doctor has to be observant, penetrating; he must resemble an automatic photographic camera taking 5 photos a second; he must be a CT scan

device, “cutting” his patient into slices horizontally, vertically and laterally.

-But how is it possible to reach to a conclusion simply from others glance?

-If you are thoroughly trained as a homeopathic doctor then you can. You have two strong tools to help you: first, the objective detailed description of Idiosyncrasies noted down in our Homeopathic Materia Medica and second the thorough training in clinical practice examining hundreds and thousands of patients. But let me tell you something: you don't have to be a homeopathic doctor in order to start observing yourself and others around you. I am sure that if you focus on such research then after a while you will start noticing and recording specific reactions and concluding information about it; you will gradually identify certain forms of behavior and their meaning.

For example at this very moment you are sitting with your feet pressed together, your hands pressed together and your body tight and stiff. The one next to you is sitting relaxed and has legs and hands wide spread. This posture says to me something about you; it is possible that you are an introvert and tight person and this fits your look that stares me searching and searching and doubting; you have a shield for your defense; your look says to me: “What kind of a man is this bloody doctor?” (laughter)

But, things aren't always as they seem; we have to differentiate. For example, another person could be as tight as you are, but not out of mistrust but out of shyness; if he had his head bent so as not to cross my glance, if he blushed and stammered when addressed, then surely that would be the case. But, you see, you don't have these characteristics and certainly you have no embarrassment; you may be stiff but your look is taking a thousand photos of me in a second; you control whatever you say and even the way you say it.

-OK, but that doesn't mean that I am a snob.

-I never said that; you are not snob; you are very cautious; you say to yourself all the time "wait and see"; you have two strings all the time; that's an attitude. Be careful; I don't criticize you; I don't judge you; I don't accuse you; I am not a judge or a public prosecutor! I simply am a researcher scientist; a doctor; my only concern is to observe and evaluate with the sole purpose to reach a diagnosis, give medicines and help my patient. But please tell me: do you agree with my diagnosis about you?

-OK, I agree that I am in general cautious but I am not mistrustful.

-OK, let's go on. I want you to note that when I say "his look", I mean how he looks at you. It is not accidental that we often say that "eyes are the mirror of one's soul" or "he looked at me with a killing eye" or "his eyes were shining with joy" or "there was so much love in his eyes". Christ said: "if your eye is pure then your soul is pure".

-You may see warmth and love in ones look but it's impossible to see his look.

-Maybe it's because you haven't been trained to do so. What's your job?

-Bank employee.

-If you were working at the loans department for years and gained experience, then after a while, you would be able to identify reliable and unreliable clients just by the look, the hesitations in his voice and many other non verbal data.

If I take you to the country and you are just a city boy and tell you "why don't you help me gather some wild herbs" then you would stare at the herbs and all of them would be just "grass" for you. But the villager woman would tell you: "this is chicory", "that's wild lettuce", "that's edible and delicious", "that's bitter and poisonous" etc. But for you all those would be just "grass", simply because you haven't a clue about the "idiosyncrasies" of herbs.

In the same way that the experienced allopathic doctor identifies illnesses efficiently and easily out of a complex picture of symptoms and laboratory findings, in the same way an experienced homeopathic doctor identifies idiosyncrasies efficiently and easily.

### **10.8 Profession, Present Illness and Idiosyncrasy**

After non verbal behavior we move on to verbal communication. We ask the patient his name, age and profession. His profession may be, an important information or at least something that must be considered; an intervening factor. For example a priest has learned to behave like a priest and may cover his idiosyncratic tendencies under his robe. A really untidy person may be forced to behave as tidy just because he is a military officer for years. But if you take a closer look you will find his real idiosyncratic tendency shouting “here I am”; perhaps his tie will be loose or not straight or one sock will differ from the other etc.

Then we ask the patient: “What brings you to me? What’s the problem?” It’s a very important question because you see, what’s important for someone is an ordinary thing for another one; the things that are a problem for someone are determined by his idiosyncrasy. For example, a Medorhinum patient neglects so much his health condition and rarely goes to the doctor unless he has that terrible problem. What problem? He rushes to all kinds of doctors urging for help if his “gun” suffered “misfire”, if his “gun” failed to go off, that is, if he failed to have an erection; that’s the end of the World for him.(laughter)

Another idiosyncrasy, considers even slight hair falling or two extra kilos as a disaster, as a terrible thing. So the main problem of a patient, that is, what *he* or *she* considers as the main problem is important for us because it gives us valuable information about his or hers idiosyncrasy.

Furthermore, we obtain information about his idiosyncrasy from the illnesses he had in the past or his present illnesses. We know from our Homeopathic Materia Medica that each idiosyncrasy has tendency for certain illnesses because it has certain predispositions. For example we know that Sulphur, Natrum Muriaticum, Valerian and Nux Vomica often suffer from chronic headaches.

Lycopodium tends to have early ejaculation, dyspepsia and chronic gastritis. Other idiosyncrasies suffer from stubborn acne etc. So, whenever we see a patient with certain stubborn illnesses then we must check out if he has this or that idiosyncrasy; but we must never be absolute because these things are only *indicative* and never *conclusive*.

### **10.9 Modalities of physical symptoms and Idiosyncrasy**

Not only illnesses can lead us to idiosyncrasies; modalities of their symptoms can also do that. Let me give you an example: back pain. Some idiosyncrasies are ameliorated by movement, some get worse and for others nothing changes; humidity of the atmosphere may modify this symptom. Some idiosyncrasies are improved if they lie down and put a pillow behind their back, some get worse on stooping and some others cannot sit still; certain specific conditions can either ameliorate or deteriorate physical symptoms and help us reach a conclusion about the patient's idiosyncrasy.

During this state of pain, during this symptom, each idiosyncrasy may react in a different and specific way; One will be terrified and imagine that he has cancer at terminal stage with bone metastasis, another will want company and consolation all the time while a third one gets crumbly and irritable and wants to be left alone. Time of the day or posture of the body may also modify the pain.



That's the reason why as homeopathic doctors we are against generalization as a rule, concerning ameliorating or deteriorating factors in any given illness; the illness is more or less the same, the symptoms are more or less the same but the effect of any given modality, of any given condition, may have various results. Different idiosyncrasies having back pain react differently in conditions like motion, rest, temperature, company, time of the day, massage etc. Each patient is a different case and this is in accordance with homeopathic Law of Individuality.

There is a certain idiosyncrasy that can sleep only on the abdomen even in late pregnancy having an enormous belly and this is freaking her gynecologist. Another idiosyncrasy wants to eat spicy sausages and brandy to calm his gastritis, as strange as it may seem. We are influenced by different idiosyncrasies; we are not machinery. Even cars have each one their brand, their make and this determines their driving behavior; any driver knows that very well.

So, whenever we refer to modalities of a certain symptom, we refer to time, space, posture, motion, weather conditions, periodicity, psychological conditions etc. The procedure is to note down his physical symptoms and then ask for each one all conditions that modify them.

#### **10.10 “Show me your parents, friends and mate and I'll tell you who you are”**

Anyone of you that has been examined by me, must have noticed that while they talk and I listen, apart from typing on the computer, I write down, from time to time, some notes on a small piece of paper; it's a short catalogue of the possible idiosyncrasies that influence my patients, at the present moment; during the procedure of the case taking I go on verifying or rejecting these possibilities. In the end, after differential diagnosis among the two, three or four most possible I choose the most similar remedy to be administered to my patient.

Many times, it is worth asking, not only about the illnesses of our patient's parents but also about their idiosyncrasies; "like father, like son!" It is often the case that children tend not only to inherit predispositions from their parents but also "inherit" miasmas and idiosyncrasies. So whenever a child or a man comes to me with his parents or refers to his parent's behavior I draw, up to a point of course, information about his possible idiosyncrasy.

A similar thing can be said about our mate or friends; we choose mates and friends not accidentally. That does not mean that we always choose people having the same idiosyncrasy; many times we are attracted by the opposite idiosyncrasy, in accordance to the saying that "dissimilar are attracted to each other". For example submissive idiosyncrasies are attracted to predominant ones etc.

### **10.11 How can drastic chemical drugs modify an idiosyncrasy**

During our homeopathic case taking, we also ask our patient what kind of medicines he takes on permanent base because sometimes these may modify his original behavior. For example, anti-depressives and anti-psychotic drugs suppress a person's behavior and idiosyncratic picture and this must be taken in consideration. We must not confuse the side effects of these drugs with his true idiosyncratic characteristics. Asking about his behavior, previous to the onset of medication, will be a lot of help.

-Can cortisone affect a person's behavior?

-Up to a point, for some persons, yes. It certainly affects the body type of most persons in chronic medication; I am referring to the well known for all doctors "cortisone body"; the patient gains weight at the area of the trunk while hands and feet remain normal or even thinner; in addition to

this, face and neck look swollen. We must pay attention to the patient whenever he says: “since those drugs I’ve changed”.

Not only strong medicines can modify our behavior; this can also be done by abuse of coffee, alcohol, narcotics and several substances. Heavy coffee drinkers may become irritable, irascible, itchy, restless, insomniac and oversensitive to noise. Some hashish users may suffer a permanent “trip”, even without any further use, consisting of blurred mind, very quick and changing all the time thoughts, cold and wet hands, delusional sensations etc.

-When he has this picture of coffee abuse do we give him potentized coffee as a homeopathic medicine?

-Not necessarily. Man is a terrific creature because he comes from a terrific Creator; we are not all, of the same cast; we are different and react differently under same conditions.

-Shouldn't we give the similar to the picture medicine?

-Yes, but you see, different people develop different pictures even when they suffer from abuse of the same substance, i.e. hashish. It is nevertheless true, that many of them will need the homeopathic medicine Cannabis Indica, which is the potentized Hashish, but still not all of them.

## **10.12 General physical and psychological characteristics and Idiosyncrasy**

We have already noted down, non verbal behavior, past illnesses, hereditary history, present illnesses and symptoms, present medications and abuses. It's time to move on to what we call *main homeopathic history*. It consists of two things: General physical characteristics and general psychological characteristics.

First, we ask if, in general, he is hot or cold, if he sweats easily, if his odors smell bad, if he likes or dislikes sweets, salt, sour things, fat, cold

water, milk, etc; what posture suits him best when lying down to sleep; if he likes the sea or the mountain, if he has saliva coming out of his mouth during sleep etc.

Then we ask him if he is calm or irritable, if he expresses his anger and in what way; what makes him angry and why; if he is tidy or untidy, introvert or extrovert; if he cries easily; what is he afraid of; what he feels about himself; if he thinks that he is smart and how smart; does he like books? What kind of books and movies he prefers; what are his dreams, goals and ambitions? What does he want out of life; is he contented with his present life? What would he like to change?

Has he recently encountered any misfortunes or great changes in his life? How did he react on his divorce/ death of a relative/ financial difficulties/ family problems? What were his thoughts, emotions and behavior?

Every time he gives us an answer we examine what idiosyncrasy it reminds us of. After we have finished basic questioning and data recording, we have already reached a point that we have only a few possible relative idiosyncrasies that match his complete psychosomatic idiosyncratic picture. It's time now for differential diagnosis. We ask our patient if he has the most important characteristics of the few selected possible idiosyncrasies. The one that is the most similar is indeed the Simillimum, that is, the most appropriate for the present state of the patient. And that is what we will administer in the form of a homeopathic medicine.

Are we done yet? No, not yet. We have to explain some things to our patient or else, he will feel like a passive interrogated person in a state of "vini, vidi, vici". We have to inform him of our conclusions. To explain to him in simple words, what he is suffering from, what further tests he must do and what must he change in his diet or already existing medication. We must also inform him what we expect, from our

experience, from his homeopathic treatment; is he going to get better and up to what degree? Is he going to be OK?

He will also receive instructions as to how he will take his medicines, when to get in touch with us for briefing and when we will examine him again. Furthermore, we must tell him what *he* has to do, so as to help himself physically and psychologically. We have now completed a thorough holistic homeopathic diagnosis and we are ready for a hopefully successful holistic treatment.

## CHAPTER 11

### HOMEOPATHIC TREATMENT

#### **11.1 Homeopathic “Therapeutic Crisis”**

#### **11.2 Course of Homeopathic Treatment**

#### **11.3 How do we check if our patients tell the truth?**

#### **11.4 Chemical Drugs and Homeopathic Treatment**

#### **11.5 Excessive use of pharmaceuticals and Homeopathy**

#### **11.6 Ethical limitations and the role of a doctor**

#### **11.1 Homeopathic “Therapeutic Crisis”**

Another thing that we have to inform our patient about, is the homeopathic “*therapeutic crisis*”, that may happen to a few cases, the first one or couple days of our treatment. Therapeutic crisis, is a temporary harmless increase in already existing physical symptoms; it lasts some hours or a few days and then things become better than even before. It usually concerns already existing headaches or rushes.

For example, if a patient comes to us with chronic headaches it may sometimes happen that there will be a strong headache the first day, last for hours or 1-2 days and then subside; During next days or weeks he will experience a drastic decrease in number and intensity of his headaches until the final cure in some months.

This is a therapeutic beneficial action of our organism; In fact, it concerns *only physical symptoms* and most of the times, it is a controlled action so as to relieve our being from overwhelming psychological stress. Being a controlled, relieving and natural procedure, it is never dangerous or harmful; in no case it is a side effect of the action of the homeopathic medicine; on the contrary it is a therapeutic action.

It may happen only to 1 or 2 patients out of ten and of course it isn't a necessary step for treatment. It happens only during the first days of the first month of treatment and not from that point on. It resembles the spinning and shaking of a car when we have a sudden quick start.

Nevertheless, some homeopathic doctors have created confusion to the patients with their false opinions about homeopathic therapeutic crisis. They say: "Homeopathy is like Psychoanalysis; at first all of your problems will increase because they come to the surface and then after some days and months you will become better and relieved". That's not true at all! This is a misunderstanding of Homeopathy.

Homeopathy never deteriorates psychological symptoms or psychological problems and never physical symptoms. Even in the case of therapeutic crisis physical symptoms do not deteriorate; there is a simple rise in the intensity of only some physical symptoms that are harmless for the patient and then a quick recovery. *The general condition or the state of health of the patient, are not negatively affected in any way.* Nor do, his basic vital functions.

In fact, there are certain strict specific criteria, in order to consider an increase of physical symptoms as beneficial therapeutic crisis. The first one is that we may have increase only in physical symptoms and only in *already existing* physical symptoms. The second one is that this increase

is usually intense but very short and very temporary; it starts the very first hours or days after the onset of the treatment and lasts only for a few hours or days; it subsides and as a rule, after a while, this very symptom decreases in intensity and frequency even compared to the situation before the treatment and before therapeutic crisis.

The third criterion is that there is a general improvement in all other symptoms and illnesses of the patient; For example, not only his headaches are better but so is his gastritis, colitis, eczema, allergies etc. The fourth criterion is that his general physical condition is improved; his sleep, appetite, physical strength and stamina, bowel function and even menstrual cycle in women. The fifth and most important criterion is that his psychological state is definitely improved. So you see, after this temporary and short increase of some already existing physical symptoms, there is a definite psychosomatic improvement of the patient as a whole.

If these criteria are not fulfilled then this is not a case of therapeutic crisis. We have to search for other things. For example, we may have not chosen the appropriate homeopathic medicine and the patient was not benefitted at all and continued its downward course, thus deteriorating. In simple words, we didn't stop his, already existing, deteriorating course. We haven't harmed him but we haven't benefited him also. We did nothing bad to him but we also did nothing good to him. So we have to re-examine the case and try harder to help him.

But sometimes we give the right medicine, but because he was drinking coffee during the treatment, he has neutralized our therapeutic action. Or we may have given the right medicine, his organism was mobilized but due to a very intense misfortune that has happened at the onset of our treatment, he isn't better. We gave a push, but new negative actions have neutralized our effort. Of course, in such a case, time given and proper treatment, will make him overcome present difficulties and get better.



## 11.2 Course of Homeopathic Treatment

A month or so, after the onset of homeopathic treatment I must reexamine my patient in order to determine his course. I will ask how were the symptoms of his main present illness and if symptoms of secondary illnesses have improved. I will also ask how he did on his general physical state, that is, physical strength and stamina, appetite, sexual desire, sleep, stool and menses in women.

I will definitely ask about how he did concerning his general mood, his irritability and if he happened to face new controversial situations in a more balanced way; I indeed expect beneficial changes in all these fields but, of course, not all at the same time and at the same degree, according to conditions at work, family, financial state, personal relation etc.

The chronic nature and severity of his symptoms and illnesses and his way of living will determine when improvement will start, how complete it will be and when it will be achieved. In ordinary cases, the patient experiences definite improvement from the first days or weeks. Rarely, in very severe and chronic cases, there may not be any improvement during the first month of treatment. But, still then, there is an overall improvement of his general condition and certainly of his psychology. This last one, is indeed a firm criterion that our medicines have benefited him and that we are on the right course; it is only a matter of time and patience to experience improvement, also, as concerns his physical symptoms.

Homeopathic treatment, as any kind of treatment is not a constant, steady uprising course. There are ups and downs because life itself is going up and down for each and every one of us. We are not machines; we are living complex creatures that face every day complex physical and psychological stress. In fact, nowadays, we live under such controversial and unnatural conditions that I wonder not why we get sick; I wonder how come we are alive!

So, as expected, many times patients do three steps forward and one or two backwards and then again the same but gradually we come to a satisfying result, even to a radical cure. Our patient knows that he has to be patient; he has to wait. We have already explained him that the aim of Homeopathy isn't to simply suppress or relieve symptoms; its aim is to cure both physically and psychologically.

I often say that “there can be fast food but not fast treatment!” Fast food is usually junk food. Fast treatment is usually suppression or temporary relieve. If we want to have radical results and permanent cure we have to wait. There are no “magic pills” and we are not God! In Homeopathy we are not allowed even to try to play God! There are limits that we can't cross and this is only human!

But, nevertheless, what's important is that Homeopathy does not only annihilate symptoms and cures acute illnesses. After some time of treatment it cures also chronic predispositions of the patient so as not to have relapses. Moreover, it improves the general physical and psychological state of the person. It raises his health to a higher level. The final outcome is a better life physically, psychologically, at work, in relations and in society; all these contribute not only to a healthy person but also to a happy one.

### **11.3 How do we check if our patients tell the truth?**

-Some answers that you will receive from a patient have to do with his self knowledge. For example when you ask him if he is easily angry he has his own standards of what is normal and what isn't. So he may think that he is so calm but in reality he isn't. He may even give wrong answers because he is a guy that does not care studying himself. How do you overpass such situations? Do you check his sincerity?

-Of course we do! Certainly!

-How do you do it?

-We combine knowledge of the Homeopathic Materia Medica, experience and finally techniques that involve cross checking of physical and psychological characteristics. You see, physical symptoms and characteristics do not lie because they can't pretend. You have a pain... it's a pain! It has certain space and time characteristics and certain modalities. You can lie about your irritability, honesty and character and pretend to be somebody else but the language of your body can't lie. Furthermore, we, homeopathic doctors, have also learned the "language" of soul through the knowledge of idiosyncrasies so it is not easy to be fooled.

-Could there be also, investigating tricky questions so as to cross check and verify things and reveal the truth?

-Most certainly! We check things in many different ways and these ways is an important part of the homeopathic doctor's training. Let me give you a typical example that I say to my students: I examine a reserved, kind but typical lady; her husband is present. The following dialogue takes place:

-What about irritability?

-Normal, doctor, normal.

-Do you tell your personal things to others?

-Normal, just as all of us.

-Have you got any fears?

-Normal.

-Do you want things to be tidy?

-Don't we all? But, not in an extreme degree; Normal.

In a few words, no matter what I have asked her, she was always giving short, typical and most of all, neutral answers: “normal”, “just like the rest”, “on the average degree”, etc. I ask no more and write a prescription and they go away. The trainee doctor sitting next to me, burst out vividly: “How on Earth did you manage to reach a diagnosis of her idiosyncrasy! She said nothing to you! No information at all, except that typical “normal”.

I’ve answered to him as I answer to you now: That certain introvert attitude of hers was the main and most important information. She was so introvert! She was trying all the time so hard not to reveal anything of her personal state and especially in front of her husband. She wanted to look normal and act normal. This introvert attitude cross checked with her physical symptoms shouted to me, the experienced homeopathic doctor: “I am a Natrum Muriaticum case! Give me Natrum Muriaticum!”

Another example: A lady comes in the office insisting that her husband will be present. He was not so willing to come with her, in fact he seemed to be so bored but he yielded to her demand, since it was made to my presence. Be careful, such things are very important and are not to be left out. She sits down and immediately, before I have time to say anything she lets out a loud sighing so as to make me ask her “why are you sighing?”

I deliberately enter the “game” for diagnostic reasons and ask her why is she sighing. Then she starts playing her role with such an enthusiasm and passion: “Oh my good doctor, I suffer terribly! Please, oh please help me! I love you; May God, be at your side! I was recommended to you by Mrs. X who is so fond of you! She speaks of you as if you were God! If you cure me I will worship you; have your photo in my living room!” (laughter)

She goes on talking for long; vividly, quickly, with exaggerations, jumping from one subject to another, saying how “sensitive” she is, how much she “sacrifices” herself for the good of her husband and children, how much she “worships” her husband who “is pure gold, but nevertheless, he is extremely irritable and can’t understand her”. She says that she worries too much about her children; although they are adults she is worried “if they eat and dress well”, whether “they take care not to have bad companies”, whether her daughter who is a young mother “knows how to raise her child”, etc. Occasionally she is sighing and crying. Her husband is ready to burst but keeps patient.

After they leave, I ask the trainee doctor next to me: “What do you think about this lady?” He says to me: “What a fine, sensitive, caring person! She is so troubled, so suffering from her husband and children!” And I say to him, joking, of course: “You have failed your exams! You don’t deserve to be a homeopathic doctor! She fooled you completely!” (laughter)

You see, my trainee doctor, was a sensitive good boy and inexperienced in homeopathic case taking. Judging *from himself*, he believed her and was engaged in the role of consoling her. He was prejudiced and subjective; he had no good knowledge of Idiosyncrasies and especially of the syphilitic ones that are masters in disguising and fooling others.

That does not mean that all patients tend to fool the doctor. Certainly not! Psoric patients tend to be honest. They are truly sensitive, romantic, giving and suffering while syphilitic patients pretend to be sensitive and giving and hide their egoistic motives. If you are fooled by the patient, then you prescribe the wrong medicine; you cause no harm but also no good; you have lost the chance to help your patient!

We are not psychoanalysts, we are not priests, we are not consoling friends; we are doctors. We must be friendly and positive but above all,

we need to be objective and unprejudiced. We have to be open-minded; we have to be sensitive and reliable cameras to capture the moment accurately and clearly.

You see, syphilitic prevailing individuals don't always prevail directly; they often do things in an indirect disguised manner. They have the ability to wear the mask of the sensitive suffering person and by causing sympathy and guilt to others they manage things to go their way. That's the case in the example of the "sensitive" woman we've talked about. All things in her family are done her way, so as not to make her "suffer" or "get ill".

How can we differentiate a true behavior from a fake one? As I've told you there are many ways, some of which we have already talked about. Let me tell you some more: First of all, syphilitic individuals tend to exaggerate and insist either in action or in expression. Secondly, they are cunning and manipulating and do things deliberately. They set up, a whole scenery so as to serve their purposes who are always egoistic. The woman we have talked about purposely wanted her husband in the examination office for profound reasons; how can you perform a play without audience? (laughter)

Thirdly, they tend to contradict themselves and create inconsistencies. For example, on the one hand she says that her husband "is pure gold" but on the other hand she presents him as irritable and no good just because he "can't understand her"; to translate, just because he doesn't do whatever she tells him to do; just because he isn't a puppet!

Moreover, they tend to use their exaggerated care so as to control their children or close ones in all fields of life, even when their children are old enough to take care of themselves. Using the excuse "I have a pathologic love for you", they ask submission as an exchange.

## 11.4 Chemical Drugs and Homeopathic Treatment

-If a patient comes to you in great pain and is not in a condition to wait, will you prescribe only homeopathic medicines or will you give also pain killers?

-I will give both since the one does not act against the other.

-In an allergic shock will you prescribe cortisone? Doesn't cortisone neutralize homeopathic medicines?

-No, it doesn't. That's a false idea. That's not a fact. Never, have I seen any of my homeopathic prescriptions being neutralized by cortisone. It is certain and profound that *it affects severely the organism as a whole* since it suppresses the immune system. It is true that it causes many and severe side effects if given for long but *it does not neutralize our pills*.

So, whenever utterly needed, we should administer it; we shouldn't be fanatic and say "I prescribe homeopathic medicines only". We are doctors after all; anything that serves the best interest of our patients should be given. If I don't have homeopathic medicines in hand or if I fail to help him homeopathically or if his life is in danger and I have no time to act else wise, then, of course, I will give cortisone. It isn't a matter of being a "pure" homeopath; it's a matter of being a doctor, that is, someone who puts the patient's interest above his own.

However, in my twenty five years of homeopathic clinical practice, only a few times I came to the need to give antibiotics and even less times cortisone. I take care of the case homeopathically. Of course, if someone comes to me already treated by cortisone or antibiotics or other strong chemical drugs I never stop suddenly and abruptly the old treatment. I give homeopathic medicines and when the patient improves to the point that he doesn't need other chemical medicines, I gradually stop them.

As a homeopathic doctor I owe to my patient to take care of him as a whole, physically and psychologically. I must express my personal medical opinion as to the already existing diagnosis of illnesses. If needed, I must order any possible biochemical test or x-rays or CT scan etc. I must also examine the patient clinically, measure his blood pressure, examine his lungs and heart and do what any allopathic colleague would do. I have the right to express my opinion concerning suggested by other doctors operations or treatments and support it by arguments and explaining.

I never say “I will examine you only homeopathically”. What does that mean, I don’t know! I don’t understand. I am a doctor; I examine you as a doctor; I treat you like a doctor; Most certainly, I choose to treat you with homeopathic medicines but that doesn’t mean that I will not administer any other kind of treatment or suggest operations if needed for my patient. That doesn’t mean that I will not cooperate with any other doctor of any other therapeutic system, if it is for the best interest of my patient. Without any prejudice I will use any diagnostic or therapeutic tools to benefit my patient but without harming him. Hippocrates said: “Benefit! Do not harm!”

Whenever the patient that comes to me is treated with useless or dangerous or wrong medicines or operations I must express my opinion and be ready to change his treatment if he consents. But I have to do it gradually and with care, for his best safety. I give my homeopathic medicines, he continues taking chemical drugs and whenever I confirm by his clinical progress and by examinations that he doesn’t need the old treatment then I remove it gradually. In the same way I stop homeopathic medicines when my patient recovers completely.

We must admit that nowadays there is an abuse of chemical drugs. Many drugs are administered for other than medical reasons. Many operations are carried out for other than medical reasons. That doesn’t mean that only allopathic doctors do such things! There are good and bad doctors,



good and bad professionals in all therapeutic systems. That's the reason why a patient must not only choose therapeutic system but doctor as well, if he wants the best for him.

### **11.5 Excessive use of pharmaceuticals and Homeopathy**

Let me tell you something: I recently read a research of a professor of Pharmacology that has a very good reputation. He states that out of one hundred patients characterized as hypertensive only twenty five were really so. All others were characterized as hypertensive, only from a few scattered measurements. After that, they were given drugs which they took on a regular base for years and years.

My medical experience agrees with the above fact. I have seen a lot of patients taking drugs for hypertension although they had no problem. Most of them were upset some time in the past, their blood pressure was consequently raised temporarily and they took drugs. After their stress subsided and although their blood pressure returned to normal they've asked their doctor: "How long should I take them doctor?" "Keep taking it... you are of some age; it helps you".

Only a few doctors bother check things again and even fewer relieve the patient and his organism of such a pharmaceutical burden. You see, these drugs aren't vitamins; they do have severe side effects if taken for years. If patients were to gain something from this chronic treatment and if that something surpassed the harm done by side effects, one could agree with this policy. But there is no prevention of any kind if you just keep suppressing a normal high blood pressure!

An explanation of this policy, is the fear of the doctor that if he stops medicines taken by a patient and something happens to him then he may be legally accused of neglect. There is a strange perverted thing going nowadays: if you prescribe a medicine and the patient has severe side

effects or even death then you have no legal responsibility as long as this drug suits the illness of the patient and the dosage ranges at the recommended rates. Nor the doctor, nor the pharmaceutical company, nor the state has any responsibility for this death. But if you are accused of neglect, that is, if he has blood pressure or if *he thinks* he has blood pressure and you did not give anti-hypertensives and something even irrelevant happens to him, then you may find yourself behind the bars.

What kid goes to the doctor today with even slight cold, without receiving antibiotics? We know that 9 out of ten of the colds are due to viruses and not to bacteria, so if you don't run tests to verify that it is a bacterial infection it is useless and harmless to give antibiotics. But the pediatrician wants to be legally safe and not to be accused of neglect, so he prescribes in all cases antibiotics to save his neck.

There are of course many cases like severe heart or lung illnesses or elderly patients where it is advisable that drugs should not be discontinued. It would be a fatal fault to stop these drugs just because a doctor either allopathic or homeopathic is "against the excessive use of drugs". It is a very wrong thing to generalize; a doctor should always individualize and take in consideration the safety of his patient.

### **11.6 Ethical limitations and the role of a doctor**

Our patient is not only a psychosomatic whole. There are also social factors that affect his state of health. We, humans, are social beings also. Family conditions, relations, work conditions, social factors and the goals, ambitions and choices of a patient, do affect his state of health even to the point of illness. As doctors, we are many times aware of the patient's wrong attitude and choices and also aware of the consequences on his health. But some things are strictly his choice and not ours.

As doctors we must never yield to the “Messiah syndrome”. Our role is not to save Humanity or even save one single patient against his will. We ought to do our best to promote his physical and psychological balance but only if he permits it and wants it. You can advise him to stop smoking and inform him about the consequences but you can’t forbid him to stop smoking. He has the right to choose unhealthy things instead of healthy. He has the right to mess up his personal, family and social life. You can only advise him and only if he is in the mood to listen.

We are not politicians; our priority isn’t to be famous and likeable to our patients. Nor are we messiahs to want to change his life towards what we think it is morally right. Even in strictly medical matters, we can only give him our medical opinion and let him choose. It is unacceptable to say to a patient: “You do what I tell you or don’t bother come again to me!” or “If you keep smoking don’t come again to me!” or “I hear you’ve been visiting other doctors; now that they have destroyed you, I can’t take care of you; you go back to them!” Whenever I hear such things I wonder how on Earth can a doctor behave like this and even more how can a patient accept such a behavior!

Such attitudes violate medical ethics. How can an allopathic doctor say to his patient “if you take homeopathic medicines I will refuse to treat you anymore!” How can a homeopathic doctor say to his patient: “if you take allopathic medicines I will refuse to treat you anymore”? The patient has every right to visit any doctor he wants at any time. He has the right to select therapeutic system and doctor. He has the right to follow only one treatment or a combination of many. If different kinds of medicines and methods aren’t opposed to each other, he has every right to take them all. How can I blackmail him by saying: “you have to choose between me and the other doctor”?

It is a sad thing to say, but nevertheless, I have seen such examples. A patient has cancer and his allopathic doctor tells him: “You must follow chemotherapy right away!”, “I don’t want to do it; my hair will fall and I

will vomit all the time”, “If you don’t do it you’ll die for sure”, “Never mind! I’ll take my chances; but I want you to follow my case up to the end”, “Since you question my medical opinion and you don’t do what I tell you, don’t bother to come again!” The doctor has no right to behave like this. The doctor suggests and the patient decides about his health and his life. It’s his life, so it’s his decision. The doctor must respect his choices.

I have an aunt suffering from cancer; surgical operations, chemotherapy, metastasis to the liver and bones; according to statistics there is no hope at all. Her children insist on taking her abroad to famous hospitals to do further operations and chemotherapies or even experimental treatments. She says to them: “Let me die in peace in my house next to my beloved!” You see, she is right but they don’t respect her decisions. They keep taking her to this and that hospital.

Our society has turned dying from a personal or family affair into a hospitalized case. You can’t die nowadays in peace, at home. You have to be carried to the hospital and stay there suffering not only from your illness but also from treatments. I am not talking about a young, injured person that needs urgent treatment; I am talking about an elderly man dying from old age or from a severe incurable illness who wants to be left to die in peace, at home.

Many patients, nowadays, confess to me: “If only I die in peace! Suddenly and without suffering! Aren’t we all going to die after all?” They say these because they have seen others dying in hospitals, suffering not only from their illness but also from several violent treatments. They are so right! They want to die in peace and with dignity at home with their beloved. Do they ask too much? I don’t think so!

We can’t choose not to die! We can’t choose cause of death! But we can choose *how to live until our death comes*. Thank you for your patience.



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**Dr. Athos Stavrou Othonos**

I practice Homeopathic Medicine as a private doctor in Athens the last 28 years, being a member of the Athens Medical Association and a member of the Greek Association of Homeopathic Medicine.

I've always enjoyed reading and writing books! Up to now I have written 21 books on Holistic Philosophy, 16 Homeopathic Medical books and 8 Literature books. In my Homeopathic Medical Books one can find a complete course on Homeopathic Medicine and the description of the Method of Miasmatic Idiosyncratic Diagnosis developed by me the last 15 years.

My books either philosophical, novels or medical are the outcome of this theoretical search and also the outcome of many years of medical and personal experience. Their common ground is Holistic Thinking and Holistic Philosophy. My choice to offer all my books for free in my web site [homeomed.gr](http://homeomed.gr) and in other sites for free e-books is in accordance with my holistic beliefs.



## EPILOGUE

This book was based on four lectures given to the general public by the author. Their aim wasn't just to give information about illnesses and treatments. If you really want to benefit someone you shouldn't just "give him fish"; instead you should "teach him how to fish".

So my aim was to teach you "how to fish" either in health or in disease; to teach you how to think and act in your life so as to stay healthy or to make right choices when diseased. I tried to teach you the holistic way of thinking and behaving not only as concerns health and disease but as concerns life in general.

I tried to show you our limitations as human beings; I never fooled you by saying that "Homeopathy will eventually cure all illnesses" or even old age and death. We are mortals at the Material Level and as concerns *this* earthly life. But we are immortal as concerns our psyche and spirit and this is a hopeful statement and moreover a statement that gives meaning to our life: we have past, present and future that will never end. It's not meaningless to try to become better! Not even a milligram of effort will be lost. Everything counts!

He, who created all creatures, takes care of all creatures! Our drop of human wisdom is but a love present, from the ocean of His wisdom! Through these lectures I tried to teach you the holistic way of thinking. It can bring us in touch with universal wisdom and the Creator. I hope I have succeeded in doing so, for some of you, at some point. Thank you for giving me the motive to do so!